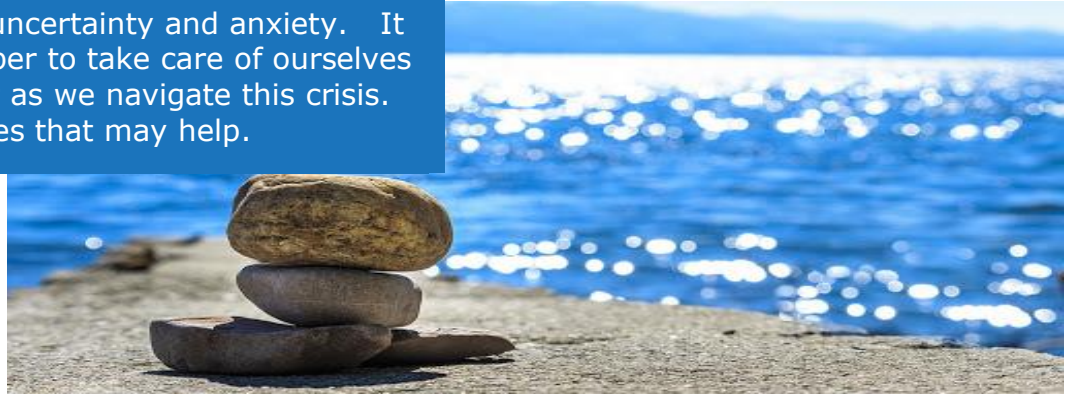


## Ways to Manage Anxiety During the COVID-19 Crisis

School closures, social distancing, event cancellations, adjusting to teleworking and a general disruption to our normal routines can understandably cause uncertainty and anxiety. It is important to remember to take care of ourselves and support each other as we navigate this crisis. Here are some resources that may help.



**Georgia Dept  
of Early Care  
and Learning**  
BRIGHT FROM THE START



- **Teachers, How Can We Care For Our Mental Health Right Now?**

Here are six tips for taking care of yourself and your mental health. Remember that we can not effectively take care of others if we don't take care of ourselves.

[www.weareteachers.com/mental-health-during-covid/](http://www.weareteachers.com/mental-health-during-covid/)

- **Manage Stress and Anxiety**

Coping with stress will make you, the people you care about, and your community stronger.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

- **How to Stay Physically and Mentally Healthy While COVID 19 Has You Stuck at Home**

Here's how to stay healthy (and calm) while social distancing during the COVID-19 outbreak.

<https://time.com/5804130/covid-19-social-distancing-wellness/>

- **Supporting Families During COVID-19**

Support for parents who are struggling to balance work, child care and self-care while keeping worries under control.

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

### Key Facts

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html>



### Successfully Working In A Remote Office (Podcast)

A deep dive into how to shift to a home office and adapt to a remote team.

<https://trainlikeachampion.blog/successfully-working-in-a-remote-office-podcast/>



### Teleworking Success

A series of articles to help you have an effective, productive work from home experience.

<https://trainlikeachampion.blog/work-from-home/>

### Safety Tips & Resources

How to protect yourself, your family and talk with children.

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

<https://www.sccgov.org/sites/phd-p/Diseases/novel-coronavirus/Pages/ncov-childcare-2-12-20.aspx>

### Communication Resources

A great collection of printable fact sheets, handouts and posters from the CDC.

<https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

### Wellness Podcasts to Check Out

Need a pick me up, inspiration or happiness hacks? There's a podcast for that.

- *Hurry Slowly*
- *Happier with Gretchen Rubin*
- *Well Now*
- *10% Happier with Dan Harris*
- *Oprah's Super Soul Conversations*
- *Happy Place*
- *The Thrive Global Podcast*



### Mindfulness Apps

Valuable and easy-to-use mindfulness apps.

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

