

RESOURCES FOR COPING

WITH COVID 19 AND STRESSORS

COPING

Trauma-informed social-emotional toolbox for children and adolescents: 116 worksheets for skill building exercises to support safety, connection and empowerment.

by L.W. Phifer and L.K. Sibbald (2020)

Note: This book was written as a resource for mental health professionals.

Coping with Covid-19: A Workbook for Improving your Mental Health in the Time of Coronavirus

by Mr. Activated (2020)

Note: This self-published book by a yoga teacher is available free on Amazon Prime for downloading on a Kindle. There are some useful approaches.

PTSD

When someone you loves suffers from PTSD

by C. Zayfert and J.C DeViva (2011)

COMMUNITY COPING

Community-based Psychological First Aid: A Practical Guide to Helping Individuals and Communities During Difficult Times

by G.A. Jacobs (2016)

MINDFULNESS

Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience

by C. Willard (2016)

Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World

by M. Williams and D Penman with a forward by Jon Kabat-Zinn (2011)

APPS

Ten Percent Happier:
[Coronavirus Sanity Guide](#)

[Headspace](#)

[Calm](#)

[Let's Meditate](#)

ABOUT US

Resources thanks to ***Darchei Tikvah*** (Pathways to Hope), TBE's Caring Community initiative to promote healing, restoring hope, and building internal strength to manage the challenges of this time.