

Pathfinder for Coping with Stress During the Pandemic

Scope: This pathfinder is designed to assist anyone feeling stress during the coronavirus pandemic. Resources include e-books and e-audiobooks available on Hoopla and Overdrive, as well as websites and recommended activities.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

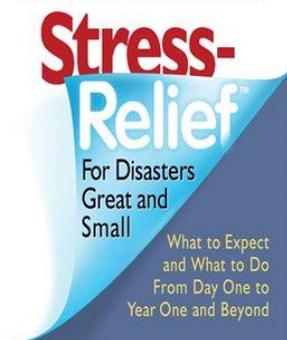
- 911
- The Disaster Distress Helpline 1-800-985-5990 and TTY 1-800-846-8517
 - Or text TalkWithUs to 66746
- The National Domestic Violence Hotline 1-800-799-7233 and TTY 1-800-787-3224

Keywords for General Research:

- Stress and Coronavirus
- Coping with Coronavirus
- Coronavirus Stigma
- Fear and Anxiety
- Mental Health

HOOPLA e-Books

GEORGIA WITKIN, Ph.D.
Director, The Stress Program, Mt. Sinai School of Medicine, New York City



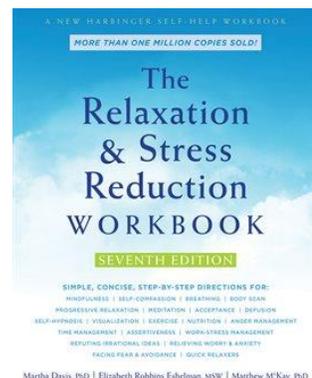
Stress-Relief For Disasters Great and Small

Georgia Witkin Ph.D.

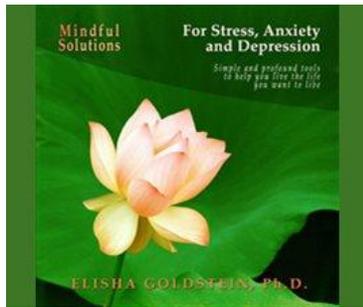
Dr. Witkin provides both strategies and support for the unique, acute anxiety and chronic emotional and physical fall-out that results from trauma, whether caused by the events of 9/11 or the loss of a loved one. She emphasizes that the process is the same for any type of disaster and spells out what she calls "the sequence of recovery after disaster"-knowing what to do and what feelings to expect and when.

The Relaxation & Stress Reduction Workbook

Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay
Now in its seventh edition-with more than one million copies sold worldwide-The Relaxation and Stress Reduction Workbook remains the go-to resource for stress reduction strategies that can be incorporated into even the busiest lives. Each chapter features a different method for relaxation, explains why the method works, and provides on-the-spot exercises you can do when you feel stressed out. The result is a comprehensive yet accessible workbook that will help you to curb stress and cultivate a more peaceful life.



e-AudioBooks



Mindful Solutions for Stress, Anxiety, and Depression

Elisha Goldstein, Ph. D.

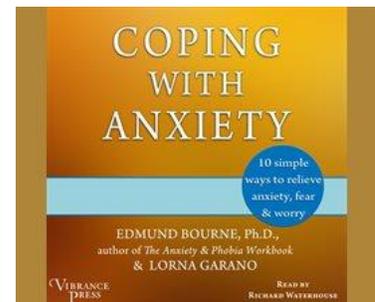
If you are living with Stress, Anxiety, or Depression, this educational and experiential album will give you the tools you need to increase awareness and effectively help you live the life you want to live.

Coping with Anxiety

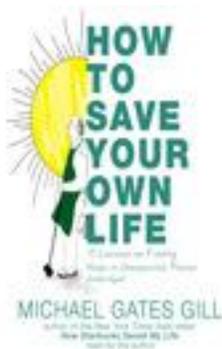
Edmund Bourne and Lorna Garano

Read by Richard Waterhouse

These immediate, user-friendly, and effective strategies are designed to help you overcome anxiety. They include step-by-step exercises that you can do in the moment without having to understand the subtleties of the most often used therapies for treating anxiety.



Overdrive e-Books



How to Save Your Own Life

Michael Gates Gill

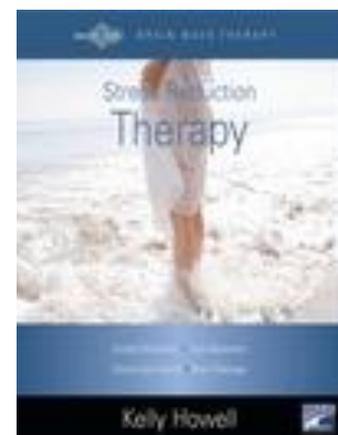
Michael Gill's lemons-to-lemonade memoir chronicled his transformative years working at Starbucks after losing his high-powered job, his marriage, and his health (he developed a brain tumor). In response to overwhelming requests from readers who wanted to know how they, too, could weather downturns, he has distilled his lessons into fifteen meaningful lessons.

e-AudioBooks

Stress Reduction Therapy

Kelly Howell

When you're feeling overwhelmed or completely worn out, Guided Relaxation is one of the easiest ways to restore balance. Alpha waves, associated with relaxation, creativity, and states of well-being, are harmonically layered in soothing music. Track one is a guided meditation. Track two delivers Alpha waves and relaxation music allowing you to unwind at your own pace. Completely free of spoken words or guidance, this program harmonically layers Gamma(40Hz) and Delta waves to massage your brain into relaxation.



Websites & Activities

Centers for Disease Control and Prevention
Information for Stress and Coping during Coronavirus

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

HelpGuide

Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

National Institute of Mental Health

Coping with Coronavirus: Managing Stress, Fear, and Anxiety

<https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml>

Xhalr – Breathing App

<https://xhalr.com/>

Use this deep breathing app to help calm down when you're feeling stressed or anxious.



Stress Analyst

<http://www.relaxonline.me.uk/sa1/index.html>

Feeling stressed out, but don't have anyone to talk to? This step-by-step program is built to relieve your stress through a simulated conversation about your stressors.

Coping Skills for Kids

<https://copingskillsforkids.com/calming-anxiety>

Counselor Janine Halloran provides numerous different ways you can help relieve your child's anxiety.