

COPING WITH COVID-19

Mental Health Resources

Mental Health America

<https://mhanational.org/covid19>

World Health Organization

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

Anxiety and Depression Association of America

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

Top 10 COVID-19 Anxiety Reduction Strategies

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies>

Wellness Apps

Great wellness apps which have free content are [SuperBetter](#), [eQuoo](#), [Happify](#) — they also all have a gamified component, which can make them a good source of entertainment too.

Starling Minds' [digital mental health program](#), designed to help people combat stress, anxiety, and worry related to the COVID-19 pandemic, is available for free. To find other wellness apps, visit psyberguide.org/apps, for reviews of nearly 200 apps for mental health.

Healthy Distractions: Home Project and Learning Ideas (continued on page 2)

National Geographic Citizen Science Project

<https://www.nationalgeographic.org/idea/citizen-science-projects/>

Craft Ideas for Adults

<https://diyprojects.com/diy-crafts-for-adults/>

Learn to Meditate

check out [Balance](#), [Headspace](#), [Calm](#) and [Sanvello](#) have all released free content

Try Creative Writing

Media company [Frolic](#) has made its [Know-How series](#), creative writing and branding classes, free for the duration of the outbreak.

Listen to Audio books

[Audible](#) just made hundreds of audiobook titles complete free top help during coronavirus.

[Scribd](#)'s library — which includes millions of ebooks, audiobooks, magazine articles, and more — is available to anyone, free, for 30 days.

Tour World-Class Museums from Home

<https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/#PsyberGuide>

Health and Fitness Opportunities

Nike Training Club App: [Premium workouts](#) are free until further notice.

[Pure Barre On Demand](#) is free for 30 days with code EXTENDEDTRIAL.

Working from Home?

[LinkedIn](#) is offering a free collection of courses entitled “[Remote Working: Setting Yourself and Your Teams Up for Success](#)”.

Financial Help / Resources

Consumer Finance

<https://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/>

State Resources

http://www.floridajobs.org/docs/default-source/reemployment-assistance-center/ra-covid-19-faqs-eng.pdf?sfvrsn=805543b0_14

<https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx?newsearch=true>