



National WIC
Association

Self-Care Resources for Frontline WIC Staff

The National WIC Association would like to acknowledge the efforts of the dedicated WIC staff who are working both on the frontlines and in an administrative capacity to serve WIC participants and ensure mothers and young children have access to healthy foods, breastfeeding support, and are accurately informed on maternal and child recommendations during the COVID-19 pandemic.

In addition to prioritizing the health and safety of WIC participants, it's also important for WIC practitioners to practice self-care during this rapidly unfolding public health emergency. Here is a list of resources we've compiled for the WIC community:

- Missouri Department of Health & Senior Services: [Handling COV-19 Anxiety](#)
- Anxiety and Depression Association of America: [Coronavirus Anxiety – Helpful Expert Tips and Resources](#)
- University of Nevada, Reno: [Mental Health and Coping Associated with COVID-19](#)
- Tufts Medical Center YouTube Video (4 minutes 16 seconds): [Breathing Techniques to Reduce Stress](#)
- Culture First Podcast (52 minutes): [Mitigating Compassion Fatigue](#)
- Spotify Playlist: [Reduce Stress and Anxiety with 50 Best Meditation Music](#)
- Adult Coloring Page: [Do What Makes You Happy](#)
- Centers for Disease Control and Prevention: [Know the facts about coronavirus disease 2019 \(COVID-19\) and help stop the spread of rumors](#)
- 211: [COVID-19 \(Coronavirus\) Pandemic](#)
- National Association of School Psychologists Parent Resources: [Talking to Children about COVID-19](#)
- LifeLabs Learning: [COVID-19 HR & People Ops Prep Doc](#)
- LifeLabs Learning: [The Complete Remote-Work Playbook](#)