

SOCIAL DISTANCING & STAYING BUSY

[“The Five Challenges of Staying Home”](#) - article by Steven C. Hayes, PhD; posted on Psychology Today, April 6, 2020

[“Why Video Chats are Wearing Us Out: Technology is saving us in quarantine—but it's also taking a toll. Here's why.”](#) - article by Doreen Dodgen-Magee, Psy.D , Psychology Today, April 17, 2020

[“Home Office Syndrome: There's no place like home—unless you're working from there because of COVID-19.”](#) – article by Alex Dimitriu M.D. in Psychology Today, April 13, 2020.

[Writing Matters: Writing to Support your Mental Health Journey](#) – article by Mental Health America

[“Dealing with Social Isolation”](#) by Brian Cuban, author of “The Addicted Lawyer”

[“100 things to do while stuck inside due to a pandemic”](#) published by USA TODAY

[Free Online Courses from Ivy League Schools](#)

[Anxious and Stressed? Yoga Comes to the Rescue with these Free Online Classes](#)

[9 Totally Free At-Home Workouts for When Coronavirus is Keeping You Inside](#)

Peloton is offering 90 days free access to all of their classes @ <https://www.onepeloton.com/app>

[Coronavirus Sanity Guide](#) – by Ten Percent Happier to help you cope with this moment of uncertainty and anxiety

STRESS, ANXIETY, GRIEF & RESILIENCE DURING THE PUBLIC HEALTH CRISIS

[Free Grief Support!](#) One of LCL’s esteemed healthcare providers, Lisa Zoll, LCSW is offering support and services at no charge to those in the legal profession who may be struggling with grief and loss during the public health crisis. Her practice, Grief Relief (www.griefrelieftherapy.com) offers group and individual support via telehealth (by phone, video, etc.). Go to her site to register.

[“Neuroscience Says Listening to This Song Reduces Anxiety by Up to 65 Percent”](#) : Sure to both stir your soul and calm your nervous system. Article by Melanie Curtain of Inc. magazine. She reveals a 10-song playlist that has been scientifically proven to improve relaxation and reduce stress.

[“Three Ways the Coronavirus Pandemic is Changing Who We Are”](#)- article by Arie Kruglanski, University of Maryland (March 20, 2020)

[“The Role of Resilience in the Face of COVID-19”](#) – available for free as audio or video recording (length of 32 minutes) by Ann Masten, PhD, who is an expert on human resilience. She provides tips on how to tap your inner resilience and build it in your family.

[**“Lockdown is the World’s Biggest Psychological Experiment-and We Will Pay the Price”**](#) by Dr. Elke Van Hoof, Psychology Professor in conjunction with the World Economic Forum

[**“30 Positive Affirmations to Help Get You through the Coronavirus Pandemic”**](#) - Affirmations challenge your thinking and change the way you view your current situation even if things may still appear to be grim. By stating positive affirmations every day, you empower your mindset. You can shift your thinking from a defeated mindset to a successful mindset and that’s what keeps you putting one foot forward every day. Here’s how to use these positive affirmations to strengthen your mindset:

1. Take three deep breaths, inhaling and exhaling to a count of 10.
2. Stand in front of a mirror and look yourself in the eyes.
3. Say your affirmation (or list of positive affirmations) slowly and clearly.
4. Repeat the affirmations 3-5 times, really focusing on the meaning of each word.
5. Take another three deep breaths, allowing your body to absorb the positive feeling of them.

Function throughout the day with confidence and full belief that you can overcome any limiting beliefs and obstacles with what you have, right where you are.

[**“How Lawyers Can Manage Stress and Cortisol Levels during the COVID-19 Crisis”**](#)-

Article by James Gray Robinson, ABA Journal April 22, 2020

Free 15’ **TED Talks on Apple Podcasts: “[Checking In](#)”** with Harvard Medical School psychologist Dr. Susan David – topics include:

- Moving forward with grief
- Regaining control in an unpredictable world
- How to manage fear and panic in times of uncertainty

TED talk – [**“How to be your Best Self in Times of Crisis”**](#) - Feeling overwhelmed by the news and your social media feed? Harvard psychologist Susan David explains how to deal with difficult emotions.

[**“7 Ways to Stay Resilient during the Pandemic”**](#) by resilientworker.net on April 13, 2020

[**“That Uncomfortable Coronavirus Feeling: It Could Be Grief”**](#) – April 15, 2020 CNN article by Marnie Hunter about grief, guilt and the restoration of gratitude during the pandemic

[**When Hidden Grief Is Triggered During COVID-19 Confinement**](#) – excellent article by renowned clinical psychologist Dr. Tian Dayton discussing how to use these days of the crisis to heal old wounds rather than re-enact them

[**“That Discomfort You’re Feeling is Grief”**](#) by Scott Berinato March 23, 2020 (Harvard Business Review)

[**“Having weird dreams in quarantine? You’re not alone.”**](#) By Terry Nguyen from *Vox* April 9, 2020 - Why so many people seem to be having vivid dreams right now, explained by an expert.

[**“What’s Keeping Me Up at Night? It’s Not What You Think!”**](#) by [Tory Tomassetti, Ph.D.](#)

[**Stress Management during COVID-19**](#) – free video webinar by the Caron Foundation available on YouTube

[Practicing Self-Compassion](#) – Free on-demand 1 hour webinar by Mental Health America - The science behind why we are so hard on ourselves, the research behind self-compassion and its impact on our wellbeing, and self-compassion tools to practice and share with others

[“Mental Health and Coping during COVID-19”](#) published by the CDC

[“7 Science-Based Strategies to Cope with Coronavirus Anxiety”](#) by Jelena Kecmanovic

[“\[Lawyer\] Anxiety, Self-Protective Behavior, Ethical Sinkholes, and Professional Responsibility”](#) by Dan Defoe

[“Coronavirus and your Mental Health: Two Experts Explain Why We Panic and How to Cope”](#) by Joanna Chiu

[“How Do You Keep Down Your Stress Levels at the Office?”](#) by Stephen Rynkiewicz (ABA Journal)

[“Stigma and Resilience”](#) published by the CDC

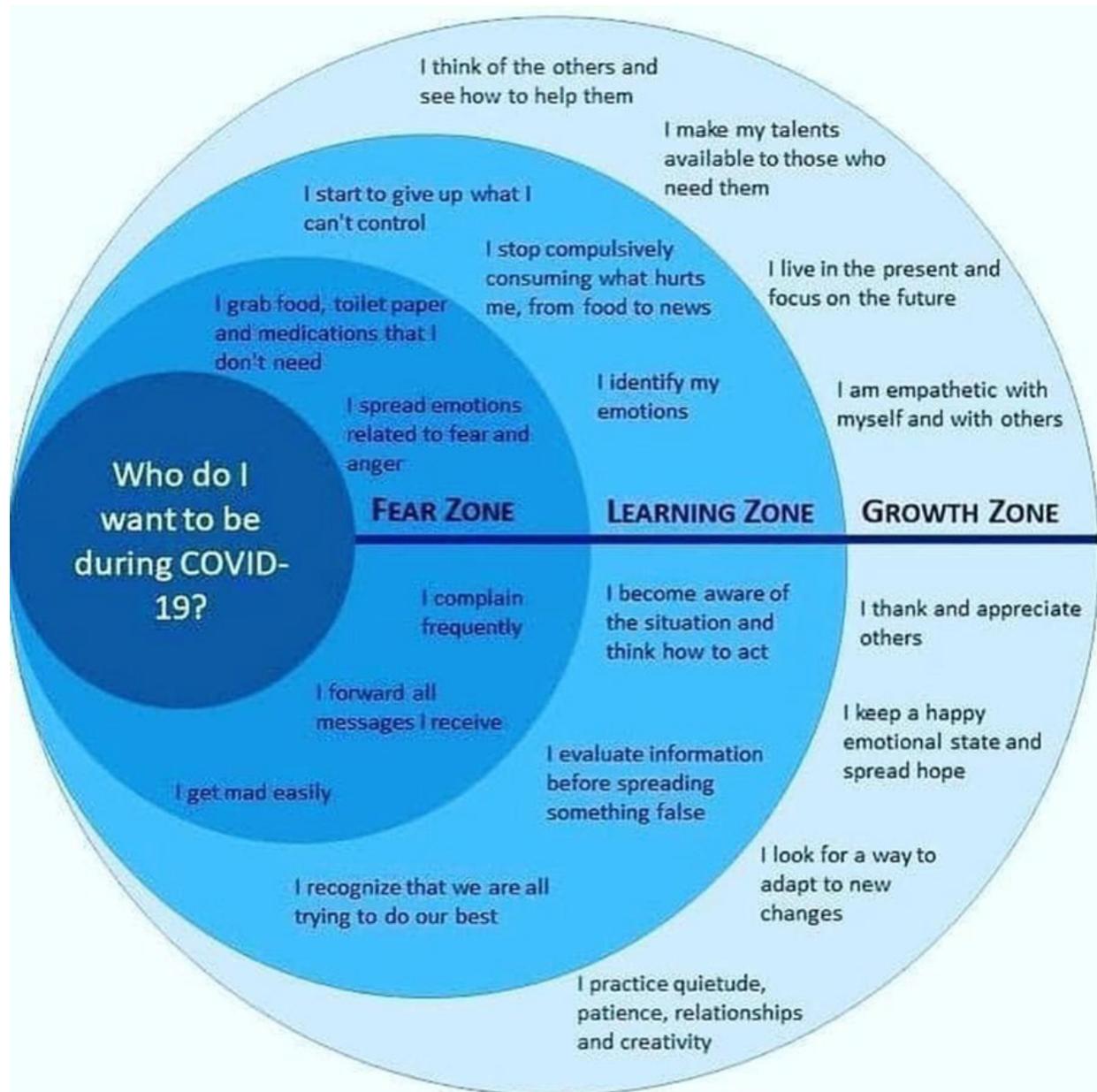
[“A 23-Minute Anxiety Practice”](#) (Audio Guided Meditation) by Hugh Byrne

[5 TED Talks to Help You Manage Anxiety and Build Resilience](#) – by Betsy Mikel, Inc.com

ABA CoLAP Lawyer Well-Being Week: [Free Videos on the Lawyer Well-being YouTube Channel:](#)
new videos added weekly

- [“The Anxiety Toolkit: Mindfulness Practices to Reduce Anxiety”, Parts 1 and 2](#) (published April 9, 2020)
- [“Cultivating Wisdom During the COVID Crisis: Resilience Strategies to Combat Loneliness”](#)
- [Resilient Thinking for Lawyers Part 1: Taming Negative Emotions](#) by Anne Brafford, Esq.
- [Resilient Thinking for Lawyers Part II: Boosting Positive Emotions](#) by Anne Brafford, Esq.

Let's Support Each Other as We Try to Reach the 'Growth Zone'!



MENTAL HEALTH RESOURCES

[PsychHub](#), which was co-founded by former congressman Patrick J. Kennedy, has partnered with Columbia University, the American Psychiatry Association, NIH, WHO, CDC, Mental Health America, National Alliance on Mental Illness (NAMI) and the American Foundation for Suicide Prevention among others to compile a truly impressive, comprehensive resource guide (called the COVID-19 Mental Health Resource Hub) with nearly 40 COVID-19-related articles, free webinars, videos and audio recordings covering topics including mental health and wellness, dealing with anxiety over the current health crisis, parenting during Covid-19, supporting older adults, handling grief, developing coping strategies when dealing with uncertainty, etc. [Click Here](#) to access general resources for individuals.

The PsychHub COVID-19 Mental Health Resource Hub also provides extensive educational information, news, videos, and other resources specific to [veterans](#), [community supporters](#) and [employers](#).

[PsychHub also has a library of free videos](#) that address topics as they pertain to the current public health crisis including managing isolation, helping children deal with traumatic events, wellness tips, self-care for caregivers, overcoming sleep difficulties, alcohol use, depression and anxiety in youth, etc.

Mental Health America is offering free access to an amazing recent webinar, [“Peer, Friend and Self Support in the COVID-19 Crisis: How to Provide Support for Ourselves and Others through Times of Fear and Isolation”](#). This one-hour video, presented by a nationally renowned peer support and mental health advocate, delivers specific and accessible skills and techniques we can use to maintain our own mental health and simultaneously support those around us. [Click Here](#) to go directly to the YouTube Channel and video.

[“The Implications of COVID-19 for Mental Health and Substance Use”](#) –Report from the Kaiser Family Foundation published April 21, 2020:

- Nearly half of U.S. adults report the pandemic has had significant negative impact on their mental health.
- A broad body of research has linked social isolation to poor mental and physical health.
- The negative impact on mental health may be highest among households with children or adolescents and among older adults.
- Research also shows that job loss is associated with increased depression, anxiety, distress, and low self-esteem; and may lead to higher rates of substance use disorder.

[The LiveWell Foundation](#) – volunteer-run, peer-led public mental health program supporting recovery from depression – offers [free](#) peer-led, curriculum-based support groups both online and community-based for those dealing with or in recovery from depression

CDC information about the Covid-19 virus and resources and recommendations for coping with stress and anxiety (for adults, parents, responders and caregivers) over the pandemic - [Click Here](#)

[Mental Health America: Covid 19 Information and Resources](#) (www.mhanational.org) – contains a wealth of information and resources regarding the following topics relevant to the public health emergency: mental health information for disease outbreaks, financial support, tools and information on anxiety, tools to connect with others. It also includes comprehensive resources for caregivers, parents, older adults, domestic violence survivors, veterans and LGBTQ+ individuals

Tips from [Mental Health First Aid Curriculum](#) so you can #BetheDifference care for yourself and your loved ones’ mental health.

[Call to Mind](#) (www.calltomindnow.org) offers free access to a great [mental health blog](#) that discusses topics related to COVID-19 such as as living with an existing mental health condition, finding mental health care, etc.

[“Tips for Coping with Coronavirus-Induced Anxiety”](#) by Dr. Larry Richard from What Makes Lawyers Tick? at lawyerbrainblog.com

[“Taking Care of Your Mental Health in the Face of Uncertainty.”](#)

published by the American Foundation for Suicide Prevention.

[Social Isolation and Mental Health during COVID-19](#) – by the Jason Foundation, which is dedicated to the prevention of youth suicide

[Mindfulness in Law Society’s](#) - free online resources

[How the Wisdom of 12-Step Programs Can Help Get Us through April - Seven practices to help you navigate quarantine](#) by Scott Allison, PhD in *Psychology Today*

[“For Those with OCD, a Threat that is both Heightened and Familiar”](#) by Katherine Rosman, New York Times April 3, 2020 (specific to the current health crisis)

25 SPECIFIC & EFFECTIVE MENTAL HEALTH WELLNESS TIPS FOR QUARANTINE

(Courtesy of the Juniper Center)

1. **Stick to a routine.** Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
2. **Dress for the social life you want, not the social life you have.** Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our mood.
3. **Get out at least once a day, for at least thirty minutes.** If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.
4. **Find some time to move each day, again daily for at least thirty minutes.** If you don’t feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!
5. **Reach out to others, you guessed it, at least once daily for thirty minutes.** Try to do FaceTime, Skype, phone calls, texting—connect with other people to seek and provide support. Don’t forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc—your kids miss their friends, too!
6. **Stay hydrated and eat well.** This one may seem obvious, but stress and eating

often don't mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new!

7. Develop a self-care toolkit. This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of vacations, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a mandala coloring book is wonderful, bubbles to blow or blowing watercolor on paper through a straw are visually appealing as well as work on controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (often a shoe-box or bin they can decorate) that they can use on the ready for first-aid when overwhelmed.

8. Spend extra time playing with children. Children will rarely communicate how they are feeling, but will often make a bid for attention and communication through play. Don't be surprised to see therapeutic themes of illness, doctor visits, and isolation play through. Understand that play is cathartic and helpful for children—it is how they process their world and problem solve, and there's a lot they are seeing and experiencing in the now.

9. Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.

10. Everyone find their own retreat space. Space is at a premium, particularly with city living. It is important that people think through their own separate space for work and for relaxation. For children, help them identify a place where they can go to retreat when stressed. You can make this place cozy by using blankets, pillows, cushions, scarves, beanbags, tents, and "forts". It is good to know that even when we are on top of each other, we have our own special place to go to be alone.

11. Expect behavioral issues in children, and respond gently. We are all struggling with disruption in routine, none more than children, who rely on routines constructed by others to make them feel safe and to know what comes next. Expect increased anxiety, worries and fears, nightmares, difficulty separating or sleeping, testing limits, and meltdowns. Do not introduce major behavioral plans or consequences at this time—hold stable and focus on emotional connection.

12. Focus on safety and attachment. We are going to be living for a bit with the unprecedented demand of meeting all work deadlines, homeschooling children,

running a sterile household, and making a whole lot of entertainment in confinement. We can get wrapped up in meeting expectations in all domains, but we must remember that these are scary and unpredictable times for children. Focus on strengthening the connection through time spent following their lead, through physical touch, through play, through therapeutic books, and via verbal reassurances that you will be there for them in this time.

13. Lower expectations and practice radical self-acceptance. This idea is connected with #12. We are doing too many things in this moment, under fear and stress. This does not make a formula for excellence. Instead, give yourself what psychologists call “radical self acceptance”: accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this—there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.

14. Limit social media and COVID conversation, especially around children. One can find tons of information on COVID-19 to consume, and it changes minute to minute. The information is often sensationalized, negatively skewed, and alarmist. Find a few trusted sources that you can check in with consistently, limit it to a few times a day, and set a time limit for yourself on how much you consume (again 30 minutes tops, 2-3 times daily). Keep news and alarming conversations out of earshot from children—they see and hear everything, and can become very frightened by what they hear.

15. Notice the good in the world, the helpers. There is a lot of scary, negative, and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information.

16. Help others. Find ways, big and small, to give back to others. Support restaurants, offer to grocery shop, check in with elderly neighbors, write psychological wellness tips for others—helping others gives us a sense of agency when things seem out of control.

17. Find something you can control, and control the heck out of it. In moments of big uncertainty and overwhelm, control your little corner of the world. Organize your bookshelf, purge your closet, put together that furniture, group your toys. It helps to anchor and ground us when the bigger things are chaotic.

18. Find a long-term project to dive into. Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, start a 15 hour game of Risk, paint a picture, read the Harry Potter series, binge watch an 8-season show, crochet a blanket, solve a Rubix cube, or develop a new town in Animal Crossing. Find something that will keep you busy, distracted, and engaged to take breaks from

what is going on in the outside world.

19. Engage in repetitive movements and left-right movements. Research has shown that repetitive movement (knitting, coloring, painting, clay sculpting, jump roping etc) especially left-right movement (running, drumming, skating, hopping) can be effective at **self-soothing** and maintaining self-regulation in moments of distress.

20. Find an expressive art and go for it. Our emotional brain is very receptive to the creative arts, and it is a direct portal for release of feeling. Find something that is creative (sculpting, drawing, dancing, music, singing, playing) and give it your all. See how relieved you can feel. It is a very effective way of helping kids to emote and communicate as well!

21. Find lightness and humor in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day: cat videos on YouTube, a stand-up show on Netflix, a funny movie—we all need a little comedic relief in our day, every day.

22. Reach out for help—your team is there for you. If you have a therapist or psychiatrist, they are available to you, even at a distance. Keep up your medications and your therapy sessions the best you can. If you are having difficulty coping, seek out help for the first time. There are mental health people on the ready to help you through this crisis. Your children’s teachers and related service providers will do anything within their power to help, especially for those parents tasked with the difficult task of being a whole treatment team to their child with special challenges. Seek support groups of fellow home- schoolers, parents, and neighbors to feel connected. There is help and support out there, any time of the day—although we are physically distant, we can always connect virtually.

23. “Chunk” your quarantine, take it moment by moment. We have no road map for this. We don’t know what this will look like in 1 day, 1 week, or 1 month from now. Often, when I work with patients who have anxiety around overwhelming issues, I suggest that they engage in a strategy called “chunking”—focusing on whatever bite-sized piece of a challenge that feels manageable. Whether that be 5 minutes, a day, or a week at a time—find what feels doable for you, and set a time stamp for how far ahead in the future you will let yourself worry. Take each chunk one at a time, and move through stress in pieces.

24. Remind yourself daily that this is temporary. It seems in the midst of this quarantine that it will never end. It is terrifying to think of the road stretching ahead of us. Please take time to remind yourself that although this is very scary and difficult, and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected in the days ahead.

25. **Find the lesson.** This whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find their agency, the potential positive outcomes they can effect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?



CORONAVIRUS: HEALTHY HABITS FOR EMOTIONAL WELL-BEING



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TAKE CARE OF YOU

- Tune in to how you're feeling daily.
- Take regular breaks from the news.
- Go for a walk or hike.
- Learn and practice meditation each day.
- Keep a food journal and plan ways to eat healthily.
- Get 8 hours of sleep and/or take a nap during the day!
- Listen to an inspirational podcast.



CHECK IN WITH OTHERS

- While maintaining social distance, use technology to stay connected with people in your life.
- Call or video chat a loved one, family member, or friend to check in on them and let them know you care.
- Write a letter to a loved one letting them know how much they mean to you.
- Take time to connect with an old friend via phone or email.



ENGAGE AND CONNECT WISELY

- Video chat your loved ones and "join" them for meals.
- Review your social media and screen time habits; follow positive people and messages.
- Create an online photo album to share with friends and loved ones.
- Learn a new hobby! Go online and learn how to paint or make a delicious meal!
- Pull out board games, puzzles, and cards.



RELAX AND REDUCE STRESS

- Listen to your favorite playlist.
- Weather permitting, work in your garden.
- Open that book you have been wanting to read and escape into its pages.
- Indulge in a hot bath.
- Catch-up on your favorite TV series.
- If you find it relaxing, tackle that junk drawer, pantry, or closet.

We wash our hands for our physical health, learn the Five Signs of Emotional Suffering to keep up with your mental health.



Not Feeling Like U?



R U Withdrawn?



R U Agitated?



Caring 4 U?



Feeling Hopeless?