Here are a few resources for YOU!

Mindfullness

[Mindfulness for Healthcare Professionals - Mindful](https://www.mindful.org/mindfulhome-mindfulness-for-healthcare-workers-during-covid/#COVID)

[Be Kind to Yourself With Meditation—Right Now - Mindful](https://www.mindful.org/be-kind-to-yourself-right-now/)

AACN

<https://www.aacn.org/blog/you-matter>

<https://www.aacn.org/clinical-resources/well-being>

SCCM

[Managing Moral Distress During a Pandemic | SCCM](https://www.sccm.org/COVID19RapidResources/Resources/Managing-Moral-Distress-During-a-Pandemic)

[COVID-19 Rapid Resource Center | SCCM](https://www.sccm.org/COVID19RapidResources/Category?categoryid=134)

ANA

<https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/education/ana-covid-19-video-education/effective-mental-health-self-care-tools-during-the-pandemic/>