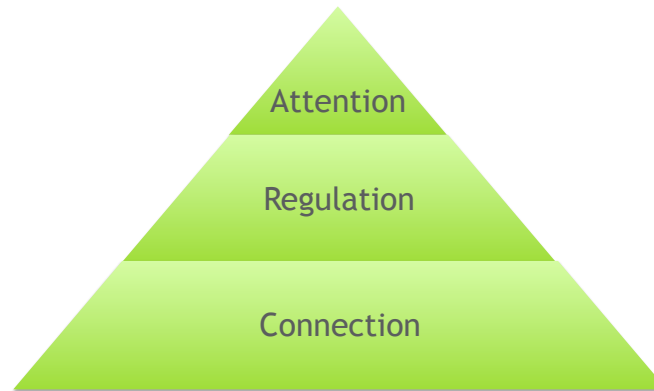


## COVID-19 Response Stress Mitigation Resources



Paying Attention to the Right Things

- Know your optimal zone (not too much, not too little)

Regulating Our Stress Gauges

- Breathe, Move & Write (give our amygdala rest)

Recovering by Connecting

- Time and space for social support (let oxytocin do its job)

Objective: to Reduce Likelihood of Breakdowns  
and Prevent Dysfunctional Patterns

### Neuro-Psychology and Mindfulness Resources (Dr. Tara Brach)

A. Interview:

<https://www.vox.com/future-perfect/2020/3/18/21181644/coronavirus-covid-19-mindfulness-meditation-anxiety?fbclid=IwAR0sJAFJ197FbqwnRWgMM5UFqNjJLOFAZwV3ivc6kFBm7bb3L2GMFhF56UE>

B. Longer Lecture/Talk:

[https://www.tarabrach.com/facing-pandemic-fears/?fbclid=IwAR1xSJJbWEVwpGOiWFdQhp0YqSBACFRqEWaBS\\_9YQCdx5jHqZMAeXvJBjGg](https://www.tarabrach.com/facing-pandemic-fears/?fbclid=IwAR1xSJJbWEVwpGOiWFdQhp0YqSBACFRqEWaBS_9YQCdx5jHqZMAeXvJBjGg)

C. Guided Meditation:

[https://www.tarabrach.com/meditation-times-of-pandemic/?fbclid=IwAR0eoUnmGrRo\\_nv0TxLpjUDDXRveSEp5hk78TDyUtINonN\\_bx7WPLdaeMyo](https://www.tarabrach.com/meditation-times-of-pandemic/?fbclid=IwAR0eoUnmGrRo_nv0TxLpjUDDXRveSEp5hk78TDyUtINonN_bx7WPLdaeMyo)

**Greenleaf Integrative Audio Tracks**  
**Tailored for Frontline Workers in Demanding Environments**

Progressive Muscle Relaxation

<https://www.greenleafintegrative.com/2017/09/letting-go-of-tension/>

Sleep Support

<https://www.greenleafintegrative.com/2017/12/sleep-1-arranging-to-sleep-the-whole-night-through/>

and

<https://www.greenleafintegrative.com/2017/12/sleep-2-yoga-nidra-to-support-sleep-integrity-for-common-sleep-disorders/>

Attending to Work & Life -- Focusing your attention in the present moment

<https://www.greenleafintegrative.com/2017/09/attending-to-work-and-life/>

Shaking Out Stressful Energy

<https://www.greenleafintegrative.com/2017/12/stress-relief-1-shaking-out-stressful-energy/>

“Let It Go” Rapid Relaxation

<https://www.greenleafintegrative.com/2017/12/stress-relief-2-rapid-relaxation/>

Alternate Nostril Breathing (audio & video)

<https://www.greenleafintegrative.com/2017/09/alternate-nostril-breathing-beginners/>

General Resources

[https://www.greenleafintegrative.com/resources/?\\_page=2](https://www.greenleafintegrative.com/resources/?_page=2)

### Well-Executed Online Resources

5 Minute Mindful Breathing

<https://www.youtube.com/watch?v=nmFUDkj1Aq0>

10 Minute “Be Present” Meditation

<https://www.youtube.com/watch?v=ZToicYcHI0U&t=459s>

3 hours of Relaxation Music

<https://www.youtube.com/watch?v=UONvpzG7yjo&t=6447s>

Online Magazine Currently with COVID-19 Response Articles

<https://greatergood.berkeley.edu/>

### Smartphone Apps (for general wellbeing)\*

#### **Calm.com**

Contains numerous guided sessions to help with sleep, meditation and relaxation

#### **Insight Timer**

Over 25,000 guided meditations from around 3,000 diverse, international teachers on topics like stress, relationships, creativity, and more.

#### **Headspace**

Guided meditations, animations, articles and videos

#### **Stop, Breathe, & Think**

Guided meditations designed for diverse circumstances

#### **Wisdom Labs, which has a specific COVID-19 Emotional Wellness Kit**

[https://wisdomlabs.com/coronavirus-mental-emotional-wellness-response-kit/?fbclid=IwAR2s4CvbijwNtA9fJMaD8TFgoHJa9zmKQC0ePlxc6FmFLPoA1VMIGPIL\\_To](https://wisdomlabs.com/coronavirus-mental-emotional-wellness-response-kit/?fbclid=IwAR2s4CvbijwNtA9fJMaD8TFgoHJa9zmKQC0ePlxc6FmFLPoA1VMIGPIL_To)

\*Be aware that some apps may incur subscription charges after trial periods.