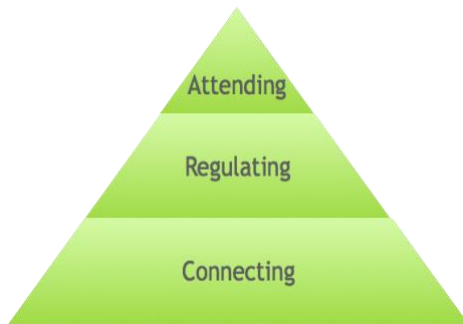


Pandemic Response Stress Mitigation Resources



Paying Attention to the Right Things

- Not too hot, not too cold (optimal zone)

Regulating Our Stress Gauges

- Breathe, move & write (give our amygdala rest)

Adaptive Connecting in Uncertain and Complex Times

- Allow time & space for social support (oxytocin)
- Shift from venting to stories that ventilate

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

8 minutes

<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

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

C. Guided Meditation:

https://www.tarabrach.com/meditation-times-of-pandemic/?fbclid=IwAR0eoUnmGrRo_nv0TxLpjUDDXRveSEp5hk78TDyUtlNonN_bx7WPLdaeMyo

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=ZToicYcHIOU&t=459s>

3 hours of Relaxation Music

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

Online Magazine Currently with Pandemic 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=IwAR2s4CvbijwNtA9fJMaD8TFgoHJa9zmKQCoePlxc6FmFLPoA1VMIGPIL_To

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