
Coping Skills and Emotional Well-Being Practices

The following resources provide information and practices to help you cope with anxiety, uncertainty, and stress.

[Self-Compassion and COVID-19](#) by Drs. Chris Germer and Kristin Neff

“Self-compassion can help if the virus is causing you unnecessary anxiety, limiting your ability to work or travel, reducing your income, or if you or someone you know has already contracted the virus... Self-compassion boosts the immune system, it reduces anxiety, and it’s the easiest way to keep our hearts open to others. Some measure of fear is a healthy response to a contagious virus, of course. We want to respond to the contagion in a wise manner – with preventive measures that benefit ourselves and others.”

For self-compassion guided activities: <https://self-compassion.org/category/exercises/>

[Care for Your Coronavirus Anxiety](#)

“Resources for anxiety and your mental health in a global climate of uncertainty.” This site has vetted and compiled a wealth of research-backed and helpful tools—articles, meditations, access to mental health experts, anxiety screenings, and more. See the “[Take a Break](#)” section for simple resources and skills to refocus and refresh.

[Headspace](#) (smartphone app for mindfulness, emotional health, physical health, and sleep exercises)

“We’re offering all US healthcare professionals, who work in public health settings, free access to Headspace Plus through 2020. What’s going on right now is a challenge for everyone. But you, our healthcare professionals, are particularly overburdened. Headspace wants to be here for you and support you as best we can. If you are a healthcare professional, you can redeem your subscription using your National Provider Identifier (NPI) and email address.”

Additional resources are available for workplaces, educators, and families. [Learn more.](#)

[Progressive Muscle Relaxation](#)

Progressive muscle relaxation is a technique that involves alternating tension and relaxation in all the body's major muscle groups. When you experience anxiety or stress, your muscles often become tense. Progressive muscle relaxation can give you a greater sense of control over your body's anxiety response and can help increase relaxation.

There are many free, online guided versions of this technique. A few options are offered below:

[Progressive Muscle Relaxation from MHealthy](#)

[Montefiore Medical Center Relaxation Audio Tracks](#) (available in English, Spanish, and Arabic)
