

Dear INOVA Patient,

Here are some excellent resources to help you and yours manage stress, anxiety, and communication during this unique challenge. We wish you well.

And, as always, we're here to help!

Sincerely,
Behavioral Health

Managing stress and well-being

- Centers for Disease Control and Prevention – https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- Coping with Stress during infectious disease outbreaks <https://store.samhsa.gov/system/files/sma14-4885.pdf>
- Taking Care of your Behavioral Health – Tips for social distancing, quarantine, and isolation during an infectious disease outbreak <https://store.samhsa.gov/system/files/sma14-4894.pdf>

Reducing Stigma

- Reducing stigma around COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html>

Coping skills

- Mindfulness audio
 - <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>
- Squared breathing
 - <https://www.healthline.com/health/box-breathing#slowly-exhale>
- Progressive Muscle Relaxation
 - <https://www.youtube.com/watch?v=1nZEdqcGVzo>
 - Script - <https://hubpages.com/health/Progressive-Muscle-Relaxation-Script>

Talking to children about COVID-19

- Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks
https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf
- Play it safe: What kids should know about the coronavirus outbreak
https://www.washingtonpost.com/lifestyle/kidspost/coronavirus-answers-for-kids/2020/03/16/abcd0568-6798-11ea-9923-57073adce27c_story.html

Students

- Supporting Vulnerable Students in Stressful Times: Tips for Parents
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/diversity/social-justice/supporting-vulnerable-students-in-stressful-times-tips-for-parents>

Pregnant and nursing women

Pregnancy & Breastfeeding

Information about Coronavirus Disease 2019 for the CDC

https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html