To help you navigate the unique mental health and wellness challenges presented by the COVID-19 pandemic, the UCSF Department of Psychiatry and Behavioral Sciences has put together a collection of short videos focused on ways we can protect and enhance our own emotional well-being. The videos, which are available for free on YouTube [1], feature strategies and techniques shared by mental health experts at UCSF, as well as some of our colleagues from around the nation.
If you are interested in contributing a video to our library, please contact us at ame.center@ucsf.edu.

**Psychological first-aid strategies**

<table>
<thead>
<tr>
<th>Image</th>
<th>Title</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Image" /></td>
<td>Emotion Regulation and Grounding in the Midst of COVID-19 [3]</td>
<td>with Sarah Metz, PsyD</td>
</tr>
<tr>
<td><img src="image2" alt="Image" /></td>
<td>Health Care Workers: How to Prioritize Your Own Well-Being [5]</td>
<td>with Margo Pumar, MD</td>
</tr>
<tr>
<td><img src="image3" alt="Image" /></td>
<td>&quot;My Patients Are All Stressed!&quot;: Health Care Worker Tips on Supporting Patients While Supporting Yourself [6]</td>
<td>with Margo Pumar, MD</td>
</tr>
<tr>
<td><img src="image4" alt="Image" /></td>
<td>Reduce Depression by Doing Things You Love [8]</td>
<td>with Jason M. Satterfield, PhD</td>
</tr>
<tr>
<td><img src="image5" alt="Image" /></td>
<td>Adopt the Thoughts That Bolster You! [10]</td>
<td>with Jason M. Satterfield, PhD</td>
</tr>
<tr>
<td><img src="image6" alt="Image" /></td>
<td>Brief Positive Meditation [13]</td>
<td>with David Bullard, PhD</td>
</tr>
</tbody>
</table>

*También disponible en español*
Pausing and Refreshing With Yoga [15]
with Jo Ellen Brainin-Rodriguez, MD, CYT

Brief Mindful Breathing for Anxiety [16]
with Christiane Wolf, MD, PhD
(También disponible en español [17])

Be Your Own Best Friend: Self-Compassion for Stress Reduction [18]
with Christiane Wolf, MD, PhD

Feeling Extreme Emotions? Try a Survival TIPP [19]
with Esme Shaller, PhD

Deep Breathing: A Fundamental Part of Stress Reduction [20]
with Elissa Epel, PhD

General emotional well-being strategies and special topics

Ways to Stay Socially Connected to Stay Well [22]
with Lisa Fortuna, MD, MPH, MDiv
Balancing Act: Being a Mom and a Health Care Provider During Stressful Times

with Christina Mangurian, MD, MAS

Managing Health Anxiety in Times of Stress

with Candy Katoa, PsyD

Coping With Forgetfulness

with Christina Weyer Jamora, RN, PhD
(También disponible en español)

Helping Children Feel Calm and Regulated

with Whitney Ence, PhD, BCBA-D
(También disponible en español)

Parents Need Stress Management Too!

with Lauren M. Haack, PhD
(También disponible en español)

Staying Well While Pregnant

with Jennifer Felder, PhD
Grief in the Time of Coronavirus [36]
with Michael W. Rabow, MD

Defeat the Virus, Not Each Other: Using Language to Reduce Discrimination [37]
with Thu T. Nguyen, ScD, MSPH

Self-Medicating With Alcohol: How to Limit Harm and Stay Healthy [38]
with Jason M. Satterfield, PhD

Getting a Good Night's Sleep [39]
with Aric A. Prather, PhD

Trauma and Resiliency-Informed Telehealth Care: Part 1 [40]
with Alicia Lieberman, PhD, and Edward Machtinger, MD

Trauma and Resiliency-Informed Telehealth Care: Part 2 [41]
with Alicia Lieberman, PhD, and Edward Machtinger, MD

Trauma and Resiliency-Informed Telehealth Care: Part 3 [42]
with Alicia Lieberman, PhD, and Edward Machtinger, MD
Staying Safe in Relationships
with Margo Pumar, MD
(También disponible en español)

Using Telehealth for Universal IPV Education
with Margo Pumar, MD

Establishing Routines and Family Expectations
with Lauren M. Haack, PhD

Feeling Anxious? Ways for Children and Teens to Cope
with Anna Swan, PhD
(También disponible en español)

Adolescent Sleep During COVID-19
with E?leyna Garcia, MS
(También disponible en español)

Fostering Resilience During COVID-19 for Your Staff: Pearls for Managers and Leaders
with Christina Mangurian, MD, MAS
Your Personal Surge Plan [52]
with Alissa Peterson, MD
(También disponible en español [44])

PIPE Up! The Art of Awkward Conversations to Keep Your Kids Safe From Risky Behaviors [53]
with Evan D. Holloway, PhD

Instructions for translating these videos into other languages

YouTube provides auto-translated captions in over 100 languages. To turn on captions in the language of your choice, please follow the instructions below.

1. Open the link to the video.
2. On the bottom left corner of the video, you should see a symbol of a gear for video settings.
3. Press the gear symbol and a small menu box will appear.
4. In the menu box, press ?Subtitles/CC? and then select ?Auto-translate?.
5. Another menu box will appear and you can scroll down to select the language of your choice. After selecting a language, translated captions will automatically be applied to the video.

Please note: This is a computerized translation service provided by a third party vendor (YouTube). The UCSF Department of Psychiatry and Behavioral Sciences and the Regents of the University of California have no control over the nature, content, and availability of the service, and accordingly cannot guarantee the accuracy, reliability, or timeliness of the translations provided.