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
If you are interested in contributing a video to our library, please contact us at ame.center@ucsf.edu.

### Psychological first-aid strategies

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<th>Image</th>
<th>Title</th>
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<td><img src="image2.jpg" alt="Image" /></td>
<td>Health Care Workers: How to Prioritize Your Own Well-Being [5]</td>
<td>with Margo Pumar, MD</td>
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<tr>
<td><img src="image3.jpg" 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>
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<tr>
<td><img src="image4.jpg" alt="Image" /></td>
<td>Reduce Depression by Doing Things You Love [8]</td>
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<tr>
<td><img src="image5.jpg" alt="Image" /></td>
<td>Adopt the Thoughts That Bolster You! [10]</td>
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Brief Positive Meditation

with David Bullard, PhD

Pausing and Refreshing With Yoga

with Jo Ellen Brainin-Rodriguez, MD, CYT

Brief Mindful Breathing for Anxiety

with Christiane Wolf, MD, PhD

(*También disponible en español*)

Be Your Own Best Friend: Self-Compassion for Stress Reduction

with Christiane Wolf, MD, PhD

Feeling Extreme Emotions? Try a Survival TIPP

with Esme Shaller, PhD

Deep Breathing: A Fundamental Part of Stress Reduction

with Elissa Epel, PhD
**General emotional well-being strategies and special topics**

**Ways to Stay Socially Connected to Stay Well** [22]
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**Balancing Act: Being a Mom and a Health Care Provider During Stressful Times** [23]
with Christina Mangurian, MD, MAS

**Managing Health Anxiety in Times of Stress** [24]
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**Coping With Forgetfulness** [26]
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*(También disponible en español)* [27]

**Helping Children Feel Calm and Regulated** [29]
with Whitney Ence, PhD, BCBA-D
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Parents Need Stress Management Too! [32]
with Lauren M. Haack, PhD
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Defeat the Virus, Not Each Other: Using Language to Reduce Discrimination [37]
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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
with Alicia Lieberman, PhD, and Edward Machtinger, MD

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

Trauma and Resiliency-Informed Telehealth Care: Part 3
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
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.

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Source URL (modified on 01/14/2021 - 4:29pm): https://psych.ucsf.edu/copingsources/videos

Links
[1] https://www.youtube.com/playlist?list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV
[2] http://ame.center@ucsf.edu
[3] https://www.youtube.com/watch?v=Mj9PcYbpF8U&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=2
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