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

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<td>Emotion Regulation and Grounding in the Midst of COVID-19</td>
<td>with Sarah Metz, PsyD (También disponible en español)</td>
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<td><img src="image2.png" alt="Image" /></td>
<td>Health Care Workers: How to Prioritize Your Own Well-Being</td>
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<td>&quot;My Patients Are All Stressed!&quot;: Health Care Worker Tips on Supporting Patients While Supporting Yourself</td>
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<td><img src="image4.png" alt="Image" /></td>
<td>Reduce Depression by Doing Things You Love</td>
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<td><img src="image5.png" alt="Image" /></td>
<td>Adopt the Thoughts That Bolster You!</td>
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Brief Mindful Breathing for Anxiety [16]
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Be Your Own Best Friend: Self-Compassion for Stress Reduction [18]
with Christiane Wolf, MD, PhD

Feeling Extreme Emotions? Try a Survival TIPP [19]
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Managing Health Anxiety in Times of Stress

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Coping With Forgetfulness

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

Helping Children Feel Calm and Regulated

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(También disponible en español)

Parents Need Stress Management Too!

with Lauren M. Haack, PhD
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with Alicia Lieberman, PhD, and Edward Machtinger, MD

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PIPE Up! The Art of Awkward Conversations to Keep Your Kids Safe From Risky Behaviors [53]
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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/copingresources/videos

Links
[1] https://www.youtube.com/playlist?list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV
[2] http://ame.center@ucsf.edu