COVID-19 Specific Resources
Helping Children Cope with COVID-19

Children may differ in how much they’ve heard about COVID-19 and how they think it may affect themselves or their family. Parents can help by acknowledging their children’s emotions and providing comforting, supportive, and age-appropriate information.
Staying home will magnify family dynamics. Here are a few ideas that may help you and your family get through some long days of togetherness under one roof as you engage in physical distancing from much of the rest of the world.
How to Survive While Maintaining Distance

Tips for staying safe and activity ideas during social distancing.
Tips for Managers and Leaders During COVID-19

As health care workers and their families face ongoing challenges, compassionate leadership becomes ever more important. Leaders can take simple yet powerful actions during this time to change and create more caring work cultures.
Suggestions for Leaders to Support Their Teams During Civic Unrest in the Context of COVID-19 and Other Ongoing Stressors

In addition to rising COVID-19 cases, leaders have seen their employees cope with other stressors including the consequences of systemic racism, the impact of climate change, as well as exhaustion and burnout. In the face of these ongoing challenges, compassionate leadership is increasingly important.
Holiday Stress Information that can help you make safe choices, cope with the painful realities these choices may entail, and communicate effectively with loved ones at this time when we need our connections to loved ones more than ever.
Political stress, intolerance, bigotry, and violence are all tremendously stressful to witness through media, to be a part of, and most of all, to be a target of. It is important to prepare for having waves of uncertainty and anxiety during these challenging times.