

UNDERSTANDING THE EMOTIONAL FOG YOU MAY BE FEELING:

“We have all experienced loss as a result of the pandemic. We miss our friends and loved ones. We miss our routines and co-workers and classmates. Proms, graduations, and weddings are being canceled. Concerts and events that we were looking forward to are now off. There is a name for what we are feeling: grief. That can spur feelings of sadness, depression, anxiety and more. Some people feel the need to put on a brave face for their families, so they are burying their feelings and keeping busy with finding a new normal for themselves and their households. But burying feelings doesn't make them go away. Ascanio believes acknowledging those feeling, putting a name to them and allowing yourself to feel them is far more healthy. It helps you understand why you acting and communicating the way you are, and allows to you then move forward in finding ways to cope with them.” - Cindy Williams, journalist, NEWS CENTER Maine

Feel like you're in a fog during the coronavirus, COVID-19 outbreak? You're not alone.

https://www.youtube.com/watch?time_continue=260&v=w81qZPAs3fg&feature=emb_logo

With life upended during the coronavirus pandemic, many people are feeling emotions they don't quite know what to do with. LCPC Dawn Ascanio offers some calm.

“We are each facing losses, whether it’s missing our child’s preschool graduation, losing our place of worship, struggling to pay rent, or saying goodbye to a loved one.” – Psychology Today.

Missing Life Before COVID-19? You're Not Alone

<https://www.psychologytoday.com/us/blog/pulling-through/202004/missing-life-covid-19-youre-not-alone>

This article teaches us how to give ourselves the space to grieve what we have lost in a healthy way.

EMOTIONAL INTELLIGENCE TOPICS AND SKILLS TO BRUSH UP ON:

“We are all in this together, figuring out what it means to shelter-in-place, quarantine, home-school, work-from-home, study remotely, socially distance, scour home/work surfaces with cleaning supplies, flatten-the-curve, protect our seniors and vulnerable populations, and wrap our heads around toilet paper shortages (and other grocery supplies).” - Andrea Schneider, MSW, LCSW, “The Savvy Shrink”, PsychCentral

Hunkering Down: 4 Brain-Wise Ways to Cope During COVID-19

https://blogs.psychcentral.com/savvy-shrink/2020/03/hunkering-down-4-brain-wise-ways-to-cope-during-covid-19/?utm_source=Psych+Central+Weekly+Newsletter&utm_campaign=814580c3fb-GEN_EMAIL_CAMPAIGN_COPY_01&utm_medium=email&utm_term=0_c648d0eafd-814580c3fb-30526545

This article sums up in 4 tips what we can do to manage our mental health during the unprecedented times.

Here is a free online course from Yale. It is the most popular course in Yale's history. If someone is particularly motivated they can pay \$50 to complete assignments, have them graded, and receive a completion certificate. Whether you take the course for self-improvement or pay for the professor to grade you and receive a certificate, how cool is it to be able to say, "I took a course at Yale", to your friends and family.

"The Science of Well-Being"

<https://www.coursera.org/learn/the-science-of-well-being>

Description of course: In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

"Worry and anxiety are common problems at the best of times, and when it takes over it can become all-encompassing. At Psychology Tools we have put together this free guide to help you to manage your worry and anxiety in these uncertain times. Once you have read the information, feel free to try the exercises if you think they might be helpful to you. It's natural to struggle when times are uncertain, so remember to offer care and compassion to yourself, and to those around you." - Dr Matthew Whalley & Dr Hardeep Kaur, Psychology Tools

Living with worry and anxiety amidst global uncertainty

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf

This guide teaches you about worry - how to reason with it, work with it and manage it successfully using everything we know about currently in the world of psychology. If you are a natural "worrier", this is a really great resource for you. It's simple and has useful diagrams as teaching tool to help you learn about yourself. This article from PSYCHOLOGYTOOLS.COM has been published in many languages as it is very useful for all of us humans on a global level.

'FACE COVID' is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT)...These are crazy, difficult, scary times, so please do treat yourself kindly. And remember the words of Winston Churchill: 'When you're going through hell, keep going'. - Dr. Russ Harris, author of The Happiness Trap

FACE COVID: How to respond effectively to the Corona crisis

(pdf version attached to this email) or you can watch the video

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

This world renowned author uses the acronym FACE COVID for smart ways to process and ground yourself in the face of any crisis, but specifically the current crisis we are all facing.

Mindfulness is a really popular term in psychology right now. Studies show that Mindfulness psychology is extremely helpful in managing all kinds of emotions. Mindfulness practices are not new since its roots reach back to the early teachings of the Buddha.

<https://students.dartmouth.edu/wellness-center/wellness-mindfulness/mindfulness-meditation/guided-audio-recordings>

These are free recordings of grounding meditations to enhance your wellness routine. Listening to these will not only help you feel calmer emotionally but have a positive effect on the physical impacts stress has on your body.