**Pandemic Resource List**

**Books**

*10% Happier: How I Tamed the Voice in my Head, Reduced Stress without Losing my Edge and Found Self-Help That Actually Works*, Dan Harris, 2011.

*Building Resilience in Children and Teens: Giving Kids Roots and Wings*, Kenneth Ginsburg, MD, 2014.

*Man’s Search for Meaning*, Viktor Frankl, 2006.

*Option B: Facing Adversity, Building Resilience and Finding Joy*, Sheryl Sandberg & Adam Grant, 2017.

*Self-Compassion: The Proven Power of Being Kind to Yourself*, Kristin Neff, 2015.

*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, Bessel van der Kolk, MD, 2015.

*When the Body Says No: Exploring the Stress-Disease Connection*, Gabor Mate, MD, 2011.

*Why We Sleep: Unlocking the Power of Sleep and Dreams*, Matthew Walker PhD, 2018.

**Websites**

CDC.gov

CNN.com – An Introvert’s Plea: Let me Socially Distance in Peace, Opinion Article by Sara Stewart.

Colorcastle.com

Compassionresiliency.com

Coronavirus.jhu.edu – Johns Hopkins Corona Virus Resource Center

Coursera.org – The Science of Well-Being Class from Yale free on-line class

Doist.com/blog/deep-work – Fadeke Adegbuyi – Deep Work

Greatergood.berkeley.edu – science-based insights for a meaningful life

Grief.com – COVID 19 resources

Parentandteen.com – Center for Parent and Teen Communication

Newyorker.com – This is What Happens to Couples Under Stress – Esther Perel

Tendacademy.ca – COVID-19 Resources

**Apps**

5 minute Yoga Workouts

Insight Timer – guided meditations

The Tapping Solution – guided tapping meditations

Virtual Hopebox

**Podcasts**

10% Happier – Dan Harris

Couples on Lockdown – Esther Perel

**YouTube**

528Hz – healing frequencies

Italy Window View

OJJDP – Shielding Mental Health and Wellness in Uncertain Times 1 hour Webinar, May 1, 2020

**Helplines**

Crisis Text Line: **Text STRENGTH to 741741** crisistextline.com

National Disaster Distress Helpline: **1-800-985-5990**

National Domestic Violence Hotline: **1-800-799-7233**

National Parent Helpline: **855-427-2736**

National Suicide Prevention Lifeline: **1-800-273-8255**

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