



## Emotional Health Resource list

### 1. Dealing with anxiety: Two webpages summarising the simplest & best approaches

<https://www.verywellmind.com/ways-to-calm-down-quickly-when-overwhelmed-3145197>

#### Key Message:

Do something different to break the cycle e.g. take a walk or do progressive muscle relaxation.

<https://www.healthline.com/health/how-to-calm-down#1>

#### Key Message:

Acknowledge that you have feelings of anxiety and cut the “catastrophising” thoughts down to size.

### 2. Excellent free resources to help calm the mind

<https://blog.calm.com/take-a-deep-breath>

#### Key Message:

Guided meditations will help create distance from what is causing anxiety and boost coping abilities

### 3. Brief article with practical “Tips to Help Manage Our Mental Health During The COVID-19 Outbreak”

<https://speakerpolitics.co.uk/headlines/161-coronavirus/1871-tips-to-help-manage-our-mental-health-during-the-covid-19-outbreak>

#### Key Message:

Increase your contact with others through phone and social media but limit the news you read and listen to.

### 4. A sensible article from USA about managing anxiety at this time

<https://www.nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html>

#### Key message:

Put the pandemic in perspective: the current crisis is not the only stressor most of us are dealing with

Avoid labelling ourselves as “weak” or comparing ourselves to others

Don’t be afraid to ask for help and practice self-compassion. Fear isn’t fun, but it signals that we are fully human.

### 5. For those who want evidence: Psychological research on coping in precious crises

<https://www.apa.org/news/apa/2020/03/covid-19-research-findings>

#### Key Findings

1. Social media may escalate anxiety more than traditional media
2. Too much media of any kind can undermine mental health
3. Trustworthy information sinks in
4. A lack of control fuels stress
5. Managing stress ASAP can prevent long-term troubles
6. Quarantines and isolation may increase the odds of negative outcomes