

## Useful information for coping with stress and anxiety

FACE COVID - How To Respond Effectively To The Corona Crisis

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

Coronavirus | Dealing with anxiety & mental health during a pandemic

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

Tips to Help Teens Cope During COVID-19

Mental Health First Aid USA

<https://www.mentalhealthfirstaid.org/2020/04/tips-to-help-teens-cope-during-covid-19/>

Relax through breathing

PTSD coach online, National center for PTSD

[https://www.ptsd.va.gov/apps/ptsdcoachonline/tools\\_menu.htm](https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm)

Relax through visualization

PTSD coach online, National center for PTSD

[https://www.ptsd.va.gov/apps/ptsdcoachonline/tools\\_menu.htm](https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm)

Relax your body

PTSD coach online, National center for PTSD

[https://www.ptsd.va.gov/apps/ptsdcoachonline/tools\\_menu.htm](https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm)

Form good sleep habit

PTSD coach online, National center for PTSD

[https://www.ptsd.va.gov/apps/ptsdcoachonline/tools\\_menu.htm](https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm)