**Introduction:** We are dealing with a humanitarian crisis in the wake of the COVID-19/Novel Coronavirus outbreak. At times like these, we need additional care for our mental and emotional wellness. We have created this document to share some useful resources for personal and community wellness because we all can do with a some extra help to keep us steady and hold space for ourselves and each other. We will keep updating this document and while the current set of resources are in English, we intend to include more information in other languages as well.

**Caveat**: **This is not a replacement of therapy or counseling niether is this a substitute for guided and specific medical/psychiatric/psychological advice.** Resources listed here are essentially to supplement therapeutic and/or psychiatric interventions as well as to help those who don’t have additional support systems. They have been compiled by psychologists and therapists. Please do reach out to a trained mental health professional if you are experiencing severe challenges with mental and emotional health. If you want to recommend resources, write to us - thetalkingcompass@gmail.com

**Anxiety - Worksheets, Strategies and Exercises**

1. [Relaxation Strategies for Anxiety](https://medicine.umich.edu/sites/default/files/content/downloads/Relaxation-Skills-for-Anxiety.pdf)
2. [Creating a sense of personal calm](https://www.winona.edu/resilience/Media/Grounding-Worksheet.pdf)
3. [5-4-3-2-1 Grounding Technique](https://static1.squarespace.com/static/530782c6e4b05512e6e90a18/t/56d06ceb37013b97b19f7c21/1456499947764/54321+Grounding+Exercise.pdf)
4. [Challenging anxious thoughts](https://www4.ntu.ac.uk/student_services/document_uploads/107734.pdf)
5. [Understanding anxiety and panic](https://www.mind.org.uk/media/1892482/mind_anxiety_panic_web.pdf)
6. [Coping with Anxiety](https://www.cpft.nhs.uk/Documents/Miscellaneous/Coping%20with%20anxiety.pdf)
7. [Anxiety workbook for children](http://website.twtt.org.uk/media/Mighty%20Moe1%20Anxiety.pdf)
8. [An Anxiety Guidebook (Teens, Young Adults)](http://portal.unesco.org/en/files/25197/11080250281Workbook2003_Anxiety.pdf/Workbook2003_Anxiety.pdf)
9. [Printable worksheets for anxiety (Children)](https://www.andnextcomesl.com/2019/04/coping-with-anxiety-worksheets-for-kids.html)
10. [Play guide for anxiety (Casey’s guide for teens and kids)](https://www.playingwithanxiety.com/images/playingwithanxiety_ebook.pdf)
11. [Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty](https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm)
12. [7 science-based strategies to cope with coronavirus anxiety](http://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207?fbclid=IwAR10wETuOyQbz4f9M0QanjvweKhO9XF5Uqt8BZRU-EB4F0dhxf_Qo05Wt-Y)
13. [That discomfort you are feeling is grief](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief)
14. [Coping with panic and herd mentality during the coronavirus crisis](https://www.briancollinson.ca/index.php/2020/03/coronavirus-coping-with-covid-19-uncertainty-and-anxiety.html?fbclid=IwAR05y26BSWc3lrUfujMkvinwDKvicDlyhhIKXllj9qoX5hcrPfgmQkf8mAs)
15. [How to cope with the unknown: Framework and Strategies for the COVID-19 pandemic](https://courageoushearthealing.com/2020/03/21/how-to-cope-with-the-unknown-framework-and-strategies-for-the-covid-pandmeic/?fbclid=IwAR0PDhMPM5q_CI2ml9dWUYcqDb6WOrwh7WuUihbjWm3yyDCtBkcC1u_PRrA)
16. [Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty](https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm)

**Depression - Worksheets, Strategies and Exercises**

1. [A guide to understanding depression](https://www.camh.ca/-/media/files/guides-and-publications/depression-guide-en.pdf?la=en&hash=23FF02308C6E233057207E27F3EBF9AB86B84086)
2. [Cognitive restructuring techniques for depression](https://www.healthline.com/health/cognitive-restructuring#questioning-assumptions)
3. [Self-care for depression](https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/self-care/#collapsec6901)
4. [Dealing with loneliness and depression](https://www.everydayhealth.com/hs/major-depression/depression-feeling-lonely/)
5. [Worksheets and Workbook for depression](https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression)
6. [How to tolerate emotional distress](https://www.psychologytoday.com/intl/blog/emotionally-healthy-teens/202003/how-tolerate-emotional-distress)
7. [A complete guide to Cognitive Restructuring to deal with low moods](https://nickwignall.com/cognitive-restructuring/)
8. [Dealing with depressive thinking during the coronavirus pandemic](https://www.psychologytoday.com/intl/blog/anxiety-files/202003/depressive-thinking-during-the-coronavirus-pandemic)
9. [Psychology experts share their tips for dealing with depression due to coronavirus pandemic](https://www.cnbc.com/2020/03/20/coronavirus-tips-for-protecting-your-mental-health-during-quarantine.html)
10. [Community Connections in Times of Physical Separation](https://www.eachmindmatters.org/ask-the-expert/stayingconnected/)
11. [Coronavirus: Mental Health Coping Strategies](https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies)
12. [How to care for yourself in tough times](http://www.healthcollective.in/2020/03/ask-the-experts-how-to-care-for-yourself-in-tough-times/)
13. [Mental wellness during quarantine](https://healbright.com/p/self-care-under-quarantine?utm_source=Healbright+User+List&utm_campaign=3c604aa980-EMAIL_CAMPAIGN_2020_03_19_05_47&utm_medium=email&utm_term=0_06c5d7d3ff-3c604aa980-178027501&fbclid=IwAR3eANgHXJvscNy3bE0c3XsEsZE0sNelsIVkZ_r01QZIm1_ZySyppJq6_Do)
14. [Daily Activity Diary Worksheet](https://www.get.gg/docs/ActivityDiary.pdf)

**Trauma/PTSD/C-PTSD - Worksheets, Strategies and Exercises**

1. [Trauma and PTSD grounding techniques](https://www.rtor.org/2018/08/14/grounding-techniques-for-trauma/)
2. [Self-care for PTSD and trauma survivors](https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd/self-care-for-ptsd/)
3. [Grounding methods and strategies for PTSD/Trauma](https://www.healingfromcomplextraumaandptsd.com/grounding)
4. [Understanding and Dealing with Trauma](https://thiswayup.org.au/how-do-you-feel/traumatised/) (Includes a section of trauma in children)
5. [The Power of Self-Compassion](https://product.soundstrue.com/power-of-self-compassion/free-video-series/?ck_subscriber_id=554407948&fbclid=IwAR1rAg1iaZD1ygHyDd8AJN-4s3WYRYLEEBkEhrmuu8Lce4AYIaw6n9WSsMY#a_aid=5e1cb581e4ceb&a_bid=bebe62d3)
6. [How to connect to a sense of safety at this time](https://www.psychologytoday.com/intl/blog/expressive-trauma-integration/202003/how-connect-sense-safety-time?fbclid=IwAR0-eftpY7Q5OLDoBv3tttizke0dtnht17QuMgo7CXcTuQoltV5uJXvr3xU)
7. [Helping children cope during a traumatic event](https://www.cdc.gov/childrenindisasters/helping-children-cope.html)
8. [Simple safety plan cards for daily self-care](https://www.get.gg/docs/SafetyPlanCards.pdf)
9. [3 steps to building resilience for helping professionals](https://centerforadolescentstudies.com/3-steps-to-build-resilience-and-practice-self-care-in-uncertain-times/?fbclid=IwAR0txsRWhDfGM1YPTFxAJ6PvTdYsF2P6VGp3vpIEFibShqUwjCjJdbeTloY)

**Guided Meditations/Audio/Video Resources**

(Note: Do not listen to or watch them while driving/operating heavy machinery/ in a state of intoxication and/or medicated especially in a bath)

1. [Guided Self-Compassion Meditations (MP3) (Dr. Kristin Neff)](https://self-compassion.org/guided-self-compassion-meditations-mp3-2/)
2. [Breathscape And Bodyscape guided meditation (Jon Kabat Zinn)](https://www.youtube.com/watch?v=NbXUAg5tA0s)
3. [A Short Mindfulness Exercise for Self-Compassion](https://www.youtube.com/watch?v=F8L-X111gwo)
4. [Relaxation audio exercises library](https://www.excelatlife.com/downloads/relaxation/audios.htm)
5. [A 10 minutes self-soothing practice](https://www.youtube.com/watch?v=Xl_B45DpMLU)
6. [3 Instantly calming CBT techniques for anxiety](https://www.youtube.com/watch?v=JiDaTi_iQrY)
7. [At-home self-soothing routine](https://www.youtube.com/watch?v=hUjKdLHs1FE)
8. [Sound Bath : Sound healing with crystal bowls](https://www.youtube.com/watch?v=Bw1a-pZ7Ua4)
9. [A Guided Meditation on the Body, Space, and Awareness with Yongey Mingyur Rinpoche](https://www.youtube.com/watch?v=5GSeWdjyr1c)
10. [Gentle Grounding and Chair Yoga for 45 minutes](https://www.youtube.com/watch?v=2_l0zfFq_Z4&fbclid=IwAR3sTNKKfA34_VxrMiYE4t1tHzDkCAtg7B_N3rgz3QS3hgDfUHTkLti7Ifo)
11. [Bioenergetic stress relief : Shaking and Grounding](https://www.youtube.com/watch?v=_cGiKVWBBME&fbclid=IwAR04B92X4pVHfQ9d3H4K5PsVa5Zkt7Tmzx9bwDfQqhac0tIzzxBY9mN3Lfo)
12. [Rewiring the anxious brain](https://www.youtube.com/watch?v=zTuX_ShUrw0)
13. [TRE (Tension Releasing Exercises) - Introduction & Demonstration](https://www.youtube.com/watch?v=54ML42NHqFE)

**Calming, Rejuvenation, Wellness, Fitness: Free Resources**

1. [Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video)](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200316&fbclid=IwAR18HQvJk6618sFfRDzr_XZCD3m1NilDX1y-Qzdonk81QFRuMXicfGik-GI)
2. [800 Free eBooks for iPad, Kindle & Other Devices](http://www.openculture.com/free_ebooks)
3. [Over 100 Museums, Libraries, and Galleries Are Offering Free, Printable Coloring Books](http://library.nyam.org/colorourcollections/)
4. [The Paris Opera is screening performances online for free](https://www.vogue.fr/fashion-culture/article/paris-opera-broadcasting-screening-performances-online-for-free-2020?fbclid=IwAR1FvILgJmgxDxj_WykgUmPdpsFn1fQUPhtD7JopFq_JYQTAbgwSReUCMA0)
5. [Here are 450 Ivy League courses you can take online right now for free](https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/)
6. [Gold Gym’s app is offering free classes for 90 days](https://www.goldsgym.com/anywhere/?fbclid=IwAR3MNCgHmDH4EFz_NIeK6TKdq3IhwtXAepVceSqTqNtVaZjbtul92P3DheY)
7. [Kid-friendly resources for understanding the coronavirus](https://classroommagazines.scholastic.com/support/coronavirus.html)
8. [Quarantine Scene: Free resoruces including playlists, audiobooks, learning resources](https://trello.com/b/2PZ7kEuB/quarantine-scenes)

**Addiction Recovery: Helpful Resources**

1. [How People in Addiction Recovery Are Dealing with the Isolation of COVID-19](https://www.healthline.com/health-news/coronavirus-isolation-can-be-difficult-for-people-with-addictions)
2. [SMART Recovery: De-Addiction and Hierarchy of Values Worksheet](https://smartrecovery.org/wp-content/uploads/2017/03/HOV.pdf?_ga=2.145341684.1551759019.1585117898-1470690800.1537942303)
3. [Addiction Recovery: Support on the Web](http://www.reneweveryday.com/resources/online-fellowship/)
4. [5 ways to practice self-care in addiction recovery](https://www.sandstonecare.com/blog/5-ways-to-practice-self-care-in-addiction-recovery)
5. [The Importance of Self-Care in Addiction Recovery](https://www.narconon-colorado.org/blog/the-importance-of-self-care-in-addiction-recovery.html)
6. [A Brief Guide to Evidence-Based Self-Care for Recovery from Addiction](http://www.handshakemediainc.com/2017/04/15/a-brief-guide-to-evidence-based-self-care-for-recovery-from-addiction/)

**OCD: Helpful Resources**

1. [OCD and Coronavirus Survival Tips](https://www.ocduk.org/ocd-and-coronavirus-survival-tips/)
2. [Managing OCD about Coronavirus](https://www.shalanicely.com/aha-moments/managing-ocd-about-coronavirus/)
3. [Tips for parents with kids who deal with OCD](https://iocdf.org/covid19/talking-to-kids-about-covid-19/)
4. [Tips for coping with OCD during the coronavirus epidemic (Teens/Young Adults)](https://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/)
5. [Obsessions and Compulsions: A self-help guide](http://www.selfhelpguides.ntw.nhs.uk/penninecare/leaflets/selfhelp/Obsessions%20and%20Compulsions.pdf)
6. [Printable Guide for Handling Obsessions and Compulsions](https://www.moodjuice.scot.nhs.uk/obsessioncompulsion.asp)