Resources for Families of Frontline Healthcare Providers

Connection

Empathy vs. Sympathy

Emotional Wellbeing

Covid-19 Resources for Emotional Wellbeing
https://padlet.com/karensteinberggallucci/CopingwCovid

Emotional Support, Older Adults
https://padlet.com/karensteinberggallucci/Bookmarks

Fitness

7-Minute Yoga
downdog.com

Stay Home Workouts
Work Out with Me

Meditation

Downloadable Meditations for stress management
Mindfulness Meditation

Mid-day Meditation: UConn Health
Live M-F 12:14 p.m. – 12:30 p.m. 15-minute session
Call 1-415-655-0002 (access code 611 045 371). You must mute your audio to participate.

Parents: Tips during COVID-19

COVID 19 Resources for Parents, Parent Educators and Clinicians
Helping My Child Cope
The Medical Front Line: A Guide to Supporting Your Anxious Child
Self-Care

*A Compassion Resilience Toolkit*

*Staying Resilient During COVID-19*

*Lucy Hone: apply scientific research practically in everyday lives*

*Three Secrets of Resilient People*