

# Managing Stress in the Landscape of COVID-19: Where to Learn More



We have aimed to collate these resources from reputable/verified sources. However, please approach these materials as guidelines and use what works best for you.

## **Cancer and COVID-19:**

- 🔗 [FAQs: Coronavirus and Patients with Cancer](#) (UCSF)
- 🔗 [Coronavirus COVID-19 Links for the UCSF Cancer Community](#) (UCSF): This website includes a comprehensive list of cancer specific resources available at this time, including previously in-person resources that are now offered through remote (video or telephone) services.

## **Stress and Anxiety:**

- 🔗 [Managing Anxiety and Stress](#) (CDC)
- 🔗 [Feeling Anxiety about Coronavirus? A Psychologist Offers Tips to Stay Clearheaded](#) (UCSF)
- 🔗 [10 Tips to Settle Coronavirus Anxiety](#) (Mindful Living Counseling Services)
- 🔗 [Coping with coronavirus anxiety](#) (Harvard Medical School)
- 🔗 [Feeling Anxious about COVID-19?](#) (Yale Medicine)

## **For Families and Caregivers:**

- 🔗 [Helping Children Cope with Emergencies](#) (CDC)
- 🔗 [How to Talk to Your Anxious Child About the Coronavirus](#) (Psychology Today)

- ☞ [COVID-19 Resources for San Francisco Families](#) (A Google Sheet with organizations and agencies that can help families affected by school closures, job loss, etc.)
- ☞ [Self-Care for Caregivers](#) (UCSF)

### **Physically Distancing:**

- ☞ [Preventing Loneliness in Times of Social Distancing](#) (Psychology Today)
- ☞ Platforms to virtual connect with friends and family:
  - [Google Hangouts](#): Free. Allows multiple people to join a group video chat. What's needed: A Google/Gmail account, a computer or phone with a camera and microphone, and data/internet.
  - [Zoom](#): Free for video/audio calls, with a 40-minute time limit on meetings with three or more total participants.

### **Virtual Resources for Yourself or to Enjoy with Others**

- ☞ Physical Activity
  - [Zumba dance concert](#) videos (Amazon Prime)
  - [Danni Pomplun](#): Live streaming classes offered on a donation basis
  - [Fitness Blender](#): Free workout videos
  - [Planet Fitness](#): live-streaming free workouts
  - Virtual Yoga
    - [Glo](#): 15-day free trial
    - [Yoga with Adrienne](#): Yoga practice on YouTube.
    - [Peter Walters Yoga](#): Donation-based online classes
- ☞ A focus on Mindfulness
  - Free [audio recordings](#) by UCSF Osher Center mindfulness instructors (UCSF)
  - Meditation apps: [Calm](#), [Headspace](#), [Insight Timer](#)
  - Explore hosting a group meditation session over Zoom or Google Hangouts!
- ☞ Host a virtual game or movie night:

- ☞ [Netflix Party](#) allows you to watch Netflix shows/movies together
- ☞ More ideas on [hosting a game night](#) (MarthaStewart.com)
- ☞ “Visit” a museum or a park via virtual tours or live cam:
  - ☞ Live cams at the [Monterey Bay Aquarium](#)
  - ☞ Virtual tours at [The Louvre](#), [The British Museum](#) and [The Guggenheim](#)
  - ☞ [Virtual Natural Parks tours](#) (Travel and Leisure)
- ☞ A list of [musicians performing live](#) on social media.