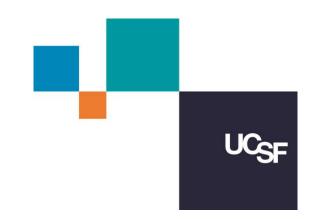
Managing Stress in the Landscape of COVID-19: Where to Learn More



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:

- Real 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:

- Feeling Anxiety about Coronavirus? A Psychologist Offers Tips to Stay Clearheaded (UCSF)
- Coping with coronavirus anxiety (Harvard Medical School)

For Families and Caregivers:

- Relping Children Cope with Emergencies (CDC)
- Real 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.)

Physically Distancing:

- Reventing Loneliness in Times of Social Distancing (Psychology Today)
- Real Platforms to virtual connect with friends and family:
 - <u>Google Hangouts</u>: 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
 - o Zumba dance concert videos (Amazon Prime)
 - o Danni Pomplun: Live streaming classes offered on a donation basis
 - Fitness Blender: Free workout videos
 - Planet Fitness: live-streaming free workouts
 - o Virtual Yoga
 - Glo: 15-day free trial
 - <u>Yoga with Adrienne</u>: 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!
- A Host a virtual game or movie night:

- Retflix 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:
 - R Live cams at the Monterey Bay Aquarium
 - ↔ Virtual tours at <u>The Louvre</u>, <u>The British Museum</u> and <u>The Guggenheim</u>
- ⊲ A list of <u>musicians performing live</u> on social media.