

# **Helpful Websites:**

## **Stress and Anxiety:**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html#>

<https://zenleader.global/heal-resources/>

## **Self-Care and Social Distancing:**

<https://www.psychologytoday.com/us/blog/modern-mentality/202003/self-care-and-social-distancing>

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

## **Mindful Meditation:**

<https://www.mindful.org/how-to-meditate/>

<https://www.mindful.org/meditation/mindfulness-getting-started/>

<https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak>

## **Breathing Techniques:**

<https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques#2>