

Helpful Websites:

Stress and Anxiety:

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

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>