

COVID-19 Mental Health, Wellness, and Community Resources

Managing Anxiety and Stress

- [Care for Your Coronavirus Anxiety](#)
- [Stress and Coping during COVID-19](#)
- [Keeping Your Distance to Stay Safe](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [Coping with Stress, Fear, and Uncertainty](#)
- [Reducing Stigma](#)
- [Guide to Preventing and Addressing Social Stigma Associated with COVID-19](#)
- [Myth Busters COVID-19](#)
- [Simple Drawing Techniques for Anxiety](#)
- [Relaxation Techniques for Stress Relief](#)
- [Using Art to Relax](#)
- [How even Non-Artists can use Art Journaling to Relieve Stress](#)
- [NAMI Guide to Managing Stress Related to COVID-19](#)
- [7 Science-Based Strategies to Cope with Coronavirus Anxiety](#)
- [Journal to Cope with COVID-19](#)
- [Relaxation Resources](#)

Self-Care

- [Being Mindful of Your Mental Health During the COVID-19 Outbreak](#)
- [Self-Care Starter Kit](#)
- [Self-Care Practices to Sustain your Immunity](#)
- [Simple Mindset Shift to Improve Wellbeing](#)
- [Why Self-Care is the Least Selfish Thing you can Do](#)
- [Free HOME Workout! Get Active!](#)
- [Making Health and Nutrition a Priority During COVID-19](#)
- [Virtual Gallery Tours you can Take from Home](#)
- [DoYogaWithMe](#)
- [Creative Self-Care Make Art Feel Better](#)

Meditations and Mindfulness- Take a Break with These Great Apps!

- [Headspace](#)
- [Insight Timer](#)
- [Calm](#)
- [Sanvello](#)

Community Resources

- [Getting Unemployment Benefits](#)
- [Food and Housing Assistance Lehigh Valley](#)
- [Food and Housing Assistance Poconos](#)
- [Emergency Resources--Lehigh and Northampton County](#)
- [Emergency Resources--Berks County](#)