

LCL-PA RESOURCES FOR THE LEGAL PROFESSION DURING COVID-19

May 2021

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RESOURCES FOR THE LEGAL PROFESSION DURING COVID-19

May 2021 Update

The free, comprehensive resources contained herein can be utilized to educate yourself and others and to mitigate the effects of professional and mental health challenges manifesting during the pandemic and its aftermath. The guide also includes useful information on how to support others who may be struggling while also taking care of yourself. Professional and leadership resources relative to the pandemic are also included. Underlined blue text represents live website links. Simply click on the link to view the material.

Resources highlighted in yellow have been added since the last update.

GENERAL CORONAVIRUS (COVID-19) INFORMATION AND UPDATES

[Centers for Disease Control and Prevention](#)

The CDC site is likely to offer the most up to date information on the COVID-19 virus.

[National Institutes of Health](#)

The NIH site contains near daily blog posts and news releases relative to research and other information about COVID-19.

[Pennsylvania Department of Health](#)

This Pennsylvania resource is frequently updated with recommendations and data.

HELPLINES

Lawyers Concerned for Lawyers of Pennsylvania Lawyers Confidential Helpline

1-888-999-1941 (24/7/365 Confidential Helpline) www.lclpa.org

Judges Concerned for Judges of Pennsylvania Judges Confidential Helpline

1-888-999-9706 (24/7/365 Confidential Helpline) www.jcjp.org

The **National Suicide Prevention Lifeline** provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-TALK (8255) or use their [Lifeline Web Chat](#)

www.suicidepreventionlifeline.org

- Military and Veterans: 1-800-273-8255 and Press 1
- Spanish Language: 1-800-273-8255 and Press 2

Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text.

Text "HOME" to 741741 www.crisistextline.org

[Pennsylvania Behavioral Health Support & Referral Helpline](#) Created for Pennsylvanians in Need of Behavioral Health Resources and Referrals during COVID-19 Public Health Crisis (Active as of 4/2/2020) 1-855-284-2494 *toll-free, round-the-clock support For TTY, dial 724-631-5600.

[National Domestic Violence Hotline:](#)

- 1-800-799-SAFE(7233)
- TTY 1-800-787-3224
- [Or Live Chat Now](#)

For LGBTQ+ Individuals:

- LGBTQ+ National Hotline (peer support and local resources for all ages): 1-888-843-4564
- Trans Lifeline (Support for transgender people by transgender people): 1-877-565-8860
- SAGE LGBT Elder Hotline (Peer support and local resources for older adults)

TIME-SENSITIVE VIRTUAL EVENTS, FREE CLE & OTHER RESOURCES

[“Brain & Body Self Care for the Successful and Busy Attorney”](#) ABA-Sponsored Webinar: Free to ABA members on **Monday, May 3, 2021 1:00-2:30 pm ET**

[“Well-Being Week in Law Series: It Doesn’t Have to Be A Grind: How to Create a Practice You Love”](#) -webinar is free to ABA members on **May 4, 2021 at 1:00 PM EST**. Wellness strategies to take care of yourself as we enter the virtual world 24/7 will be discussed. This program will also tackle embracing progress and change in the legal profession.

[“Empower Yourself: Strategies for Practicing Law in Stressful Times”](#) webinar free to ABA members on **Wednesday, May 5, 2021 at 1:00 P.M.** Learn coping mechanisms to support a flourishing career. Leave with tips to manage anxiety, embrace challenges, and learn from failure.

[The D.C. Bar is holding a special virtual Wellness Fair on Thursday, May 6, 2021, 10:00 A.M. – 2:30 P.M. to mark the 2021 Well-Being Week in Law.](#) Topics for presentation and breakout sessions include gender-specific risk factors for mental health problems and attrition among licensed attorneys, grief, our relationship with alcohol, maintaining wellness while working from home, lawyering while parenting and yoga for stress management. The D.C. Bar Wellness Fair is free to all, you do not need to be a member of the DC Bar to join the event. Registration is required.
<https://www.dcbbar.org/for-lawyers/communities/spring-wellness-fair>

[“Next Level Diversity: Why “Belonging” is What Attorneys Really Want”](#) webinar free to ABA members on **Thursday, May 6, 2021 1:00 -2:30 PM**. An important part of well-being is social well-being, and enjoying a true sense of belonging in the workplace helps us thrive socially as we connect

with others. This program offers a newer way to approach diversity, equity, and inclusion initiatives that acknowledges that belonging and well-being are inextricably linked. The panel will offer tools to build a culture of greater belonging and well-being in legal organizations.

[“Changing the Headlines: Combating Lawyer Loneliness One Step at a Time”](#) webinar free to ABA members on **[Friday, May 7, 2021 1:00 – 2:00P.M.](#)** Lawyer loneliness, if not addressed, can lead to depression, anxiety, and substance abuse as a means to cope. Come away with tools enabling you to better build meaningful, high-quality relationships in your personal and professional lives. **Take a look at the [Lessening Loneliness Activity Guide](#) for a variety of practical strategies to prevent and alleviate symptoms of loneliness.**

[“Motivational Interviewing”](#)- free webinar hosted by RCA on **[May 11, 2021 12:00-2:00](#)** PM EST; **[Register here for free](#)** to learn the basics of MI and how it applies to encouraging individuals with substance use disorder to make healthy changes in their lives. While this is tailored for clinical counselors, the general public can greatly benefit from learning about MI, which is used in countless industries and fields to effectuate change.

[FREE CLE:](#)

Check out LCL-PA’s websites, www.lclpa.org or www.jcipa.org (under Resources tab) to access nine (9) FREE ETHICS CLE programs presented by LCL-PA staff including:

- ✓ [The Impaired Lawyer: A Call to Action \(NEW\)](#)
 - ✓ [Coronavirus and Your Mental Health: A Lawyer’s Guide to Coping with Isolation, Anxiety and Fear in Uncertain Times](#) (NEW)
 - ✓ [“Your Time to Thrive: A Journey to Wellness in the Legal Profession”](#) (NEW)
 - ✓ [“Coronavirus and Your Mental Health”](#) (NEW)
 - ✓ [“No One Makes It Out Unscathed: The Effects of Personal Trauma and Stress On Our Lives”](#) (NEW audio CLE)
 - ✓ [“Attorney Licensure and the Impaired Professional”](#)
 - ✓ [“Don’t Give Up Five Minutes Before The Miracle”](#) (LexVid & Lawline)
 - ✓ [“Intervention Strategies for Helping Legal Professionals”](#)
-
- Free to ABA Members [“Staying Mentally Safe, Sound and Sober during COVID-19”](#)-

GENERAL LAWYER, JUDGE AND LAW STUDENT WELL-BEING DURING THE PUBLIC HEALTH CRISIS

["Better Boundaries, Better Lawyering, Better You"](#) by Judith Gordon for the Center for Thriving in Law on March 24, 2021

["The Science of Well-Being During COVID-19"](#) by John Hollway for the National District Attorneys Association on March 31, 2021

["Lessons From COVID-19: What Is A Lawyer, Anyway?"](#) by Julia Giesecking for Above the Law on April 8, 2021

["Work Depression: How to Take Care of Your Mental Health on the Job"](#) by Leela R. Magavi, MD for Healthline

["How to Release Self-Destructive Thoughts and Cultivate Optimism"](#) by Jeena Cho, Esq. for the ABA Journal on February 1, 2021

["One in 10 Young Lawyers Worldwide 'Experiencing Suicidal Thoughts'"](#) by Jemma Slingo for the Law Society Gazette on April 8, 2021. The [results of a recent global study of over 3,000 lawyers, conducted by the International Bar Association](#), reveals that levels of wellbeing are below the global average in every region, based on methodology used by the World Health Organization.

["Emotional Well-Being and Coping During COVID-19"](#) – check out this wonderful compendium of articles and short video resources from UCSF that offers excellent information and coping methods to navigate these times; topics include dealing with the trauma, moral injury and grief of the pandemic, dealing with COVID burnout, online stress reduction resources, stigma of COVID-19 and cognitive and somatic coping skills, among many others

["There's a Name for the Blah You're Feeling: It's Called Languishing"](#) - The neglected middle child of mental health can dull your motivation and focus — and it may be the dominant emotion of 2021 - by Adam Grant for The New York Times on April 19, 2021

["10 Signs You've Developed Depression, Even If You Don't Feel Sad"](#) by Kenya Foy for the Huffington Post, February 11, 2021

["5 Ways Perfectionism and Depression Feed Off Each Other"](#) by Emma Newman for Psychology Today on February 12, 2021

["Pandemic Mental Health and Physical Symptoms"](#) by Mental Health America
A lot of people aren't feeling like their best selves after a year of COVID-19 stress, and if you live with a mental health condition, you may have noticed your symptoms getting worse or even changing entirely – it's normal to experience your mental health condition in a new way now that we are living in such different circumstances. This article briefly discusses why mental health symptoms can manifest as physical symptoms.

[**"Practicing Spiritual Well-Being: Voices from the Legal Profession" – free 20' YouTube video-**](#) fellow legal professionals share how they integrate their personal approach to spirituality into their work lives.

["Pandemic Prompts Stress, Burnout in Lawyers, Survey Shows"](#) from the American Bar Association on February 22, 2021 and ["Sobering COVID survey Portends Exodus from Profession"](#) also from the ABA, February 18, 2021.

Free Podcast: ["A Mental Health Breakdown in BigLaw: How One Lawyer Survived and Now Helps Others Thrive"](#) by Mark Goldstein for The Lawyer's Edge.

["It's Not Just You. A Lot of Us Are Hitting a Pandemic Wall Right Now"](#) by Julia Ries for HuffPost, February 2, 2021.

["Lawyer Moms Who Think Their Life is Too Messy for Mindfulness Should Read This"](#) by Claire E. Parsons, Esq. for Above the Law, January 7, 2021.

["Resilience is One of the Most Essential Entrepreneurial Traits: Practicing This Can Help You Build It"](#) by Chris Schembra for Entrepreneur, February 26, 2021.

["Stress and Resiliency in the U.S. Judiciary"](#) by David Swenson, PhD, LP, Joan Bibelhausen, JD, Bree Buchanan, MSF, JD, Hon. David Shaheed and Kathryn Yetter, JD. In the 2020 Journal of the Professional Lawyer from the American Bar Association.

["It's Been One Year. Let's Talk Resilience"](#) by Judith Gordon for Thriving in Law, March 3, 2021.

["Firms Rallied in Response to the Pandemic, but How Long Can That Intensity Last?"](#) by Patrick Smith for Law.com, March 1, 2021.

["Four Causes for 'Zoom Fatigue' and their Solutions"](#) by Vignesh Ramachandran for Stanford News, February 23, 2021.

Free Podcast ["Measuring the Miracle: The Promise of Recovery Capital – Justice to Healing"](#) by Susan Broderick, JD, Director of the National District Attorneys Association. A 30' podcast discussing the concept of recovery capital and how it affects the chances of long term recovery from substance use.

["COVID-19's Impact on Mental Health Hasn't Been All Bad"](#) by Marilyn Price-Mitchell PhD for Psychology Today, February 17, 2021.

["Ten New Year's Resolutions Lawyers Can Make for Resilience in 2021"](#) by James Gray Robinson for ABA Journal, December 28, 2020.

["Dark and Stormy Nights, Silver Linings, and Attorney Well-Being"](#) by Erna Womble for ABA's Law Practice Today on January 15, 2021. Excerpt: *"Lawyers and judges are not immune to the ravages of relentless worry exacerbated in their personal and professional lives by the onset of the COVID-19 pandemic. It's encouraging then, that our training equips us to deploy techniques to help manage ourselves, tame stress, and enhance a sense of confidence and well-being. Can we use our thinking skills to create better coping habits for weathering storms and navigating the stress inherent in an adversarial profession long after the pandemic is over?"*

[“Attorney Suicide: What Every Lawyer Needs to Know”](#) by Jeena Cho, Esq. for the ABA Journal, January 1, 2019.

[“Judges are Stressed by their Decisions, and 20% Have at Least One Depressive Symptom, Survey Finds”](#) by Debra Cassens Weiss for the ABA Journal, January 7, 2021.

[“How to Weather Psychologically Toxic Conditions”](#) by Amy Athey, PsyD for Psychology Today, January 14, 2021; an excellent article about cultivating resiliency offering 4 simple, concrete tools to help navigate.

[“Mental Health is One of the Biggest Pandemic Issues We’ll Face in 2021”](#) by Kristen Rogers for CNN, January 4, 2021.

[“Mental Health and Stigma: Making It OK to Get Help”](#) by Tom Gilbertsen and Julie Mitchell Newlands for Washington Lawyer, January/February 2021 edition. Excellent article tailored to lawyers and the mental health challenges they often face.

[“From Setbacks to Comebacks: Lessons from Those Who’ve Been There”](#) by June P. Johnson for Washington Lawyer, January/February 2021 edition. *“Everyone loves a comeback. Stories [of lawyers] detailing personal challenges and the unbeatable power of the human spirit to overcome trials are the ones that resonate most.”*

15-minute video episode: [“Reimagining Law: How Lawyers & Law Students Can Prioritize Well-Being in 2021”](#) for 2Civility, December 17, 2020.

[“Self-Compassion Will Make You a Better Leader”](#) by Rich Fernandez and Steph Stern for Harvard Business Review, November 9, 2020.

[“Got EQ?”](#) blog by Judith Gordon, Center for Thriving in Law on December 16, 2020.

[“Lawyers Concerned for Lawyers Continues to Assist PA’s Legal and Judicial Professionals and their Families”](#) by Zandy Dudiak, The Journal of the Allegheny Bar Association, Vol. 22, No. 25, pp. 1 & 6, December 4, 2020. This brief interview with LCLPA’s Executive Director Laurie Besden describes LCL services and the impact the pandemic has had on legal professionals and the lawyers’ assistance program.

[“Hurricane Season for Mental Health – Lawyers with Holiday Stress, Put These Coping Mechanisms in your Arsenal Now”](#) by Angela Morris for Law.com and The Texas Lawyer, November 30, 2020

[“Eight Tips for Lawyers on How to Build Resilience”](#) by James Gray Robinson for the ABA Journal, November 4, 2020

[American Bar Association’s Mental Health Resources Guide for the Legal Profession](#) contains useful articles, videos, guided meditations, information on dealing with stress, anxiety, depression, mental wellness and law practice leadership.

[The Path to Well-Being in Law” PODCASTS](#); Seven Free Podcasts from the National Task Force on Lawyer Well-Being; designed for well-being advocates and changemakers in the legal profession

[“Lawyer Assistance Programs Gear Up for New Client ‘Explosion’”](#) by Melissa Heelan Stanzione of Bloomberg Law - Lawyer assistance programs are girding for an upswing in demand for services, as attorneys seek help for mental health and substance abuse issues exacerbated by the coronavirus.

[30-Minute YouTube Video tailored for lawyers on “Maintaining your Mental Health during the Pandemic”](#) sponsored by Nomberg Law Firm and hosted by Dr. Rachel Fry, Licensed Clinical Psychologist, May 2020

[“How are Mindfulness, Stress and your Well-Being Connected?”](#) by Douglas LaBier, PhD got Psychology Today, April 30, 2020

[“Seven Ways to Make the Most of Your Mental Health Day while Your Home is Also Your Office, According to Therapists”](#) by Joey Hadden for Insider, November 5, 2020

[“The Viral Wake-Up Call”](#) by Richard Schwartz PhD, Psychologist, Harvard Medical School; This compelling article and commentary on the global and individual impact of the pandemic discusses our relationship with fear and how the COVID crisis can be a catalyst for us to either fall victim to our fears or access our higher selves to cope with, learn and even benefit from them.

[“How to Find Meaning When Death is All Around Us”](#) by Kerry Egan for CNN, November 21, 2020; a great op-ed about how to find meaning in the midst of the public health crisis by using tools from our ‘spiritual toolbox’. “This toolbox is all the different ways people try to make sense of the things they cannot make sense of. It has the tools each of us use to try to bring order to our world when our world has descended into confusion or chaos.”

[“Five Signs that You are a Highly Mindful Individual”](#) by Mark Travers, PhD for Psychology Today, October 27, 2020; An insightful discussion about the link between mindfulness and personality types.

[“Ten Tips to Prevent Zoom Fatigue”](#) by Marlynn Wei, MD, JD for Psychology Today, November 14, 2020

[“Feeling Sad during Hard Times is Not Necessarily Depression”](#) by Alison Escalante, MD for Psychology Today, November 10, 2020; discusses the difference between a normal reaction to a pathological situation like the pandemic and true clinical depression

[“Signs You Need to Take a Break from Social Media”](#) by Jane Pernotto Ehrman, MD, RCHES, ACHT for the Cleveland Clinic, November 5, 2020

[“How Spirituality, Wisdom, and Mental Health Are Intertwined”](#) by Christopher Bergland for Psychology Today, October 23, 2020

[“Lawyer Well-Being during COVID-19”](#) – free *podcast* from Miles Mediation & Arbitration discussing strategies and resources aimed at encouraging well-being for lawyers, their support teams, and institutional stakeholders

[The National Task Force on Lawyer Well-Being](#) website offers a wealth of resources, activities, webinars and podcasts to promote lawyer and law firm wellness including:

- ✓ [Path to Well-Being in Law](#) – Five free *podcasts* with experts in the field
- ✓ [Psychological Capital: Build your Mental Strength & Flexibility](#) information and worksheets
- ✓ [Free COVID-19 Resources for supervisors/managers/leaders, individuals and parents](#)

[“The Power of Journaling: Can Journaling Help Us Cope during Troubled Times?”](#)

by David B. Feldman, PhD for Psychology Today, September 20, 2020

[“5 Signs You Need to Step Away from the News Cycle and How to Do It”](#) by Elizabeth Enochs and Jay Polish of Bustle, October 7, 2020

[“The Pandemic Proves that We All Should Know ‘Psychological First Aid:’ Here are the Basics”](#) by Stacey Colino of the Washington Post, September 22, 2020

[“Six Strategies to Get a Perfectionistic Lawyer Off the Ledge”](#) by James Gray Robinson for the ABA Journal on September 17, 2020

[“Capitalizing on Healthy Lawyers: The Business Case for Law Firms to Promote and Prioritize Lawyer Well-Being”](#) by Jarrod Reich, Esq., University of Miami Law School, 2020

[“Workplace Mental Health: Employee Support Guide”](#): Helping your workplace meet the mental health needs of returning employees during COVID-19 by Mental Health America

[“3 Guiding Principles for Workplaces This National Suicide Prevention Month and Beyond”](#) by Bernie Wong, Forbes, September 10, 2020

[“How to Advance Mindfulness in the Workplace”](#)- article by Jeena Cho in the ABA Journal, April 1, 2020

[“COVID-19 and Emotional Wellbeing”](#) - Article by Kathleen Schulz from Gallagher on protecting workplace culture during a pandemic and general organizational wellbeing

[“Leading Through Anxiety: Inspiring Others When You Are Struggling Yourself”](#) – Harvard Business Review- comprehensive article featuring audio clips from guests including a Professor of Psychology and the founder of Boston University’s Center for Anxiety & Related Disorders

[“Are You OK? An Attorney Living With Depression and His Advice for You.”](#) – by Russell Shrauner – posted in the Texas State Bar’s TLAP blog on May 4, 2020

[ABA COVID-19 Mental Health Resources](#) – a comprehensive compilation of lawyer-specific practice and mental health resources

[“Tips to help stressed-out lawyers during COVID-19 pandemic”](#) – a review of the recent ABA webinar with panelist Laurie Besden, Esq., LCL-PA’s Executive Director – includes simple strategies to calm anxiety. The CLE webinar, titled [“Staying Mentally Safe, Sound and Sober during COVID-19”](#) is available on demand for free to ABA members.

Follow Law.com (@lawdotcom) on Twitter at [#MindsOverMatters](#) for updated information, Twitter chats, personal stories and resources relative to lawyer mental health and hosted by Law.com’s Minds Over Matters initiative.

[“Vicarious Trauma is Real and Really, Really Common with Lawyers”](#) by Brandon Vogel, New York State Bar Association

[“10 Steps to Identify Irrational Resistance to Self-Care”](#) by Rosario Lozada in the ABA Journal, August 6, 2020

[“5 Irrational Thinking Patterns That Could Be Dragging you Down”](#) article and TED talk by Joan Rosenberg, author of *90 Seconds to a Life You Love: How to Master Difficult Feelings to Cultivate Lasting Confidence, Resilience and Authenticity*, Little, Brown Spark, 2019

[“The Perils of Perfectionism during Lockdown”](#) – article by Fuschia Sirois posted on The Conversation on April 17, 2020

[“How Lawyers Can Manage Stress and Cortisol Levels during the COVID-19 Crisis”](#)- Article by James Gray Robinson, ABA Journal April 22, 2020

[Bloomberg Law’s In Focus: Lawyer Well-Being compiles various resources for attorneys, law students, and judges who want help dealing with wellness and quality of life issues ranging from anxiety, stress, depression, and substance use disorders. Lawyer assistance program information, model employee surveys, practitioner insights, managing employees’ rights and needs, etc.](#)

[“Op-ed: Red Flags that your Coworker has Fallen Prey to Addiction during the Pandemic”](#) by Rachel Graham on CNBC, September 9, 2020

[“Promoting Lawyer Well-Being is More Essential than Ever”](#) – article by Krista Larson posted on May 6, 2020 in Law360.

TRANSITIONING BACK TO THE WORKPLACE & IN_PERSON INTERACTIONS

["For Some of Us, Returning to Pre-COVID Life is Turning Out to Be Harder Than We Expected"](#) by Deborah Netburn for the Los Angeles Times, April 21, 2021; a brief article with guidance regarding re-entry safety and anxiety as nearly half of all American report trepidation about returning to in-person interactions

["From Lockdown to Relaxation of Covid Rules: Tips on Looking After Your Mental Health"](#) from the Mental Health Foundation on March 4, 2021

["5 Steps for Overcoming Social Anxiety After COVID Isolation"](#) excellent article with great description of useful coping skills by the Newport Institute

["Firms Rallied in Response to the Pandemic, but How Long Can That Intensity Last?"](#) by Patrick Smith for Law.com, March 1, 2021.

["Workplace Mental Health: Employee Support Guide"](#): Helping your workplace meet the mental health needs of returning employees during COVID-19 by Mental Health America

The [American Psychiatric Association's Center for Workplace Mental Health](#) has created a comprehensive resource guide for maintaining mental health and well-being during the pandemic that contains wonderful articles about managing mental health, stigma, resilience, coping, etc. It also provides free access to webinars and podcasts about mental health both from a worker's and an employer's perspectives.

[Pennsylvania Department of Community and Economic Development](#) website contains helpful resources and guidance for the re-opening phases.

The [ABA Coronavirus \(COVID-19\) Task Force](#) website provides information about resources, changes in benefits and emerging legal issues caused by the COVID-19 pandemic. Designed to be a national source of information about the coronavirus and the delivery of legal service, the website includes resources on remote service delivery, court access and rules changes, legal needs, public benefits programs, and pro bono mobilization.

["Why Some People Wear Masks but Others Don't: A Look at the Psychology"](#) by Michele Gelfand

["Employer Tips for Returning to Work in the COVID-19 Era"](#) – Comprehensive review of relevant considerations presented by Fox Rothschild LLP

["COVID 19: Creating a Safe Workplace" by the Cleveland Clinic](#) - Helping your employees return to work, safely and confidently, during the coronavirus (COVID-19) pandemic is no easy task. Cleveland Clinic has gathered resources from their health experts and the CDC to help you develop and implement a plan. It includes back-to-work guidelines and will be updated frequently as CDC and other information is released.

[“10 Considerations for Implementing Back-to-Work Programs Following COVID-19”](#) – article by Buchanan Ingersoll-Rooney

[Pennsylvania Bar Association – COVID-19 Resources Guide for Lawyers](#) – Contains court updates and connections, federal information and programs to assist small businesses, CLE resources, articles, blog posts and guidance for lawyers, legislation and governmental orders relevant to lawyers, and mental health resources

[Bloomberg Law](#) is providing free access to comprehensive legal resources relating to COVID-19, called [“Practical Guidance: Coronavirus Toolkit”](#). Topics covered include return to worksite issues, force majeure, communicating with employees, third party management, etc. Many policy and procedure forms and checklists are available free as well.

[FindLaw offers free COVID-19 information and resources for legal professionals](#) on topics related to law practice and mental health and wellness.

[“How to Build Resilience during the Coronavirus Era and Other Times of Uncertainty” by Jarret Jackson](#) of Forbes – posted May 27, 2020 – “A lot of us these days are looking for the light at the end of the tunnel. COVID-19 has consumed us and changed our lives...While many businesses have found ways to continue their operations (with essential personnel only or through adaptive measures like video calls), other businesses, particularly small businesses, may not be so fortunate. That is why, now more than ever, *building executive resilience, as a leader, manager or human being, is so important.*”

[“Landed Out of Work? Ten Ways to Reset Your Mindset”](#) by Margie Warrell, Forbes, June 25, 2020

[“The Zoom Boom: How Videoconferencing Tools are Changing the Legal Profession”](#) by Ellen Rosen in the ABA Journal, June 3, 2020

[“8 HR Leaders Share the Crucial Management Insights They’ve Learned during COVID”](#) – by Laura Garnett of Forbes, May 26, 2020

[“5 Steps to Help You Effectively Mentor during a Pandemic”](#) – article by Ruth Gotian in Forbes, May 12, 2020

[“The Secrets to Virtual Facilitation.”](#) - a free webinar offered Leadership Strategies

[“COVID-19 and the Reformation of Legal Culture”](#) by Mark A. Cohen in *Forbes*, April 14, 2020 – a great article about the legacy COVID-19 will leave for the legal profession and the changes in the legal culture that are coming whether we like it or not

[Lawline also offers a series of free webinars](#) and short briefings to help attorneys during the pandemic on topics ranging from shifting to a remote workplace, reductions in workforce and payroll considerations, liability issues, virtual hearings, custody issues during the health crisis, updating your coronavirus response plan, estate planning and immigration updates during the pandemic etc. [Click here](#) for a complete list.

Free webinar: [“How to Stay Sane, Productive, and Healthy in Isolation: Wellness Strategies for Attorneys during the Pandemic”](#) by W. Meyerhofer, former big-law attorney and current licensed clinical social worker

[Thomson Reuters Practical Law – Global Coronavirus Toolkit](#) – Contains relevant legal updates, practice notes, checklists, a multitude of relevant articles and a link to a live tally and discussion of [federal legislative responses to the coronavirus](#).

[Free Products and Resources for Legal Professionals During the Coronavirus Crisis](#) – A site dedicated to providing updated information about practice management, services, products, education programs and news and resources made available for free to legal professionals during the COVID-19 crisis including:

- [Free Coronavirus Page at Law 360](#) (owned by LexisNexis) with news, in-depth features and expert analysis related to Covid-19 and the law.
- [Lexis Nexis Practice Advisor](#) is also providing a free [Coronavirus Resource Kit](#)

[Fox Rothschild Coronavirus Resources](#) – Free information on return to workplace issues, the CARES Act, FFCRA, state-specific information and webinars related to the COVID pandemic as it affects lawyers and their clients.

[BakerHostetler offers a comprehensive and free online COVID-19 Resource Center](#) that is updated daily and includes many articles, etc. about legal topics relevant to the pandemic, including questions about legal and business concerns arising from the COVID-19 crisis. It includes detailed information about the CARES Act and about actions businesses may or must take to address a number of issues to protect employees and business operations, as well as other information about the current legal landscape.

[Fastcase COVID-19 Resource Hub](#) – provides legislative and governmental updates and pandemic related content from across leading news media sources

SKILLS & TECHNIQUES TO HELP COPE WITH PANDEMIC-ASSOCIATED STRESS

[“12 Active Ways to Conquer Anxiety and Depression”](#) by Seth J. Gillihan, PhD for Psychology Today on February 9, 2021

[“5 Steps for Overcoming Social Anxiety After COVID Isolation”](#) excellent article with great description of useful coping skills by the Newport Institute

[“The Science of Well-Being During COVID-19”](#) by John Hollway for the National District Attorneys Association on March 31, 2021. Great article that talks about the 3 B’s necessary to thrive during the pandemic and its aftermath: BUFFER against our challenges and diminish the impact of the struggle; BOLSTER ourselves to withstand the negative impact of our situation; and BUILD new capabilities and ways to cope with the challenges that are facing us.

["Emotional Well-Being and Coping During COVID-19"](#) – check out this wonderful compendium of articles and short video resources from UCSF that offers excellent information and coping methods to navigate these times; topics include dealing with the trauma, moral injury and grief of the pandemic, dealing with COVID burnout, online stress reduction resources, stigma of COVID-19 and cognitive and somatic coping skills, among many others.

[Free Audio Resources for Mindfulness Meditation](#) from Mindful

["10-Minute Practice to Ground, Breathe, Sooth"](#) – brief guided meditation by Calmer Choice for Mindful

["Work Depression: How to Take Care of Your Mental Health on the Job"](#) by Leela R. Magavi, MD for Healthline

["One Strategy to Help Your Loved One With Their Anxiety"](#) by Bonnie Zucker, PhD for Psychology Today on March 9, 2021

["It's Been One Year. Let's Talk Resilience"](#) by Judith Gordon for Thriving in Law, March 3, 2021.

["Now Is a Great Time to Start Practicing Mindfulness"](#) by Matthias Birk for Harvard Business Review, January 27, 2021.

["Feeling Overwhelmed? Here's How to Get Through the Workday"](#) by Alice Boyes PhD for the Harvard Business Review, November 2, 2020; Five meaningful tools to help you navigate the workday when you just cannot seem to get anything done

["How Exercise Keeps Your Brain Healthy and Protects It Against Depression and Anxiety"](#) by psychiatrist and neuroscientist Wendy Suzuki for NeuroscienceNews.com from [The Conversation](#).

["Are You Problem-Solving or Just Worrying? Insights On How to Stop Worrying About Your Problems and Start Solving Them"](#) by Sandra Llera, PhD and Michelle Newman, PhD for Psychology Today, February 1, 2021.

["Lawyer Moms Who Think Their Life is Too Messy for Mindfulness Should Read This"](#) by Claire E. Parsons, Esq. for Above the Law, January 7, 2021.

[Free 50' audio recording/podcast "How to Navigate Distractions and Create Structure During COVID-19"](#) by David Greenwood and Casey Dixon (ADHD experts), October 4, 2020.

["Resilience is One of the Most Essential Entrepreneurial Traits: Practicing This Can Help You Build It"](#) by Chris Schembra for Entrepreneur, February 26, 2021.

["Is Your Life Spiraling Out of Control? What to do if You're Struggling with Mental Health"](#) by Alice Boyes, PhD for Psychology Today, December 17, 2020.

["How to Release Emotions Stuck in Your Body"](#) by Joanna Ciolek for ACEsConnection, November 16, 2018. *"The opposite of repression is expression. In order to process our emotional distress and move it though and out of our body so it doesn't get stuck there, we need to learn to express our emotions in a healthy way, in the body and mind. But first, we need to learn to recognize and accept our feelings as they come and go."*

["Meditation: In Depth" What's the bottom line? How much do we know about the effectiveness of meditation?](#) Posted by the National Institutes of Health's National Center for Complementary and Integrative Health

["How to Weather Psychologically Toxic Conditions"](#) by Amy Athey, PsyD for Psychology Today, January 14, 2021.

["Creating Light in the Dark Winter: A Compassion and Resilience Toolkit"](#) by Rogers Behavioral Health contains tips and strategies to preserve your mental health and excellent brief articles/tools for improving resilience, mindfulness and compassion for self and others during COVID-19.

["Nine Little Things Therapists Do When They're Having a Crappy Day"](#) by Kelsey Borreson for The Huffington Post, November 9, 2020

["Ten Ways to Stay Mentally Strong during a Pandemic"](#) by Tracy S. Hutchinson, PhD for Psychology Today, April 19, 2020

["Three ways to Feel Better Right Now"](#) by Renee Engeln, PhD for Psychology Today, November 1, 2020

["The Research on Gratitude and Its Link with Love and Happiness"](#) by Heather Craig, BPsySc for Positive Psychology.com, September 30, 2020; a wonderful summary of the positive impact gratitude has in the workplace and on physical and mental health and relationships and how to foster gratitude in yourself and coworkers. Gratitude has been found to result in better coping and management of cancer, as well as faster recovery from particular medical procedures and positive changes in immune system function. It is associated with more positive health behavior and has been found to lead to less pain. Other benefits of gratitude include less frequent visits to the doctor, lower blood pressure, increased energy levels and decreased likelihood of developing a mental health disorder.

["The Relationship Between Anger and Vulnerability: How People in Pain Can Release Anger and Improve their Relationships"](#) – a great article about the relationship between anger and anxiety and how to effectively address both by David Hanscom, MD for Psychology Today, November 24, 2020

["Learning to Let Go: Using Acceptance and Commitment Therapy to Manage an Uncertain World"](#) by Nick Joyce, PhD for Psychology Today, August 8, 2020

[Guided Meditation for Attorneys](#) (30' YouTube video) by Cynthia Sharp and Rebecca Howlett; presented by the PBA Solo and Small Firm Section, July 23, 2020

["Making Mindfulness and Keeping Calm Part of Your Daily Life in Avoiding Stress in the Practice of Law"](#) – Free 1-hour You Tube Video by Erin M. Siciliano and Kathleen D. Wilkinson, Wilson Elser Moskowitz Edelman & Dicker LLP, presented by the PBA Solo and Small Firm Section, June 30, 2020

["Mindfulness for Lawyers"](#) – free webinar by Cynthia Sharp, The Sharper Lawyer, and Rebecca "Becky" Howlett, Howell and Howlett Consulting LLC presented by the PBA Solo and Small Firm Section, May 29, 2020

[“Working Remote Leads to Mental Health Challenges: Here’s How to Cope”](#) by Tracy Brower from Forbes, October 7, 2020

[“Three Strategies to Reframe your Negative Mindset”](#) by Jeena Cho, Esq. for the ABA Journal on October 1, 2020; Why legal training intensifies negativity bias and how to avoid carrying that into your personal life and mental health.

[“What to Do When You’re In a Funk and Nothing Feels Good”](#) by Ellen Hendriksen, PhD for Psychology Today, September 26, 2020

[“Three Positive Psychology Practices for Our Troubled Times”](#) by David B. Feldman, PhD for Psychology Today, September 28, 2020

[“How to Deal with Overwhelm in a Pandemic \(Hint: Check Your Window of Tolerance\)”](#) by Robyn Brickel; an excellent article about emotional tolerance written for the [Complex Post Traumatic Stress Disorder Foundation](#) (CPTSD)

ABA CoLAP Lawyer Well-Being: [Free Videos on the Lawyer Well-being YouTube Channel](#):

- [“The Anxiety Toolkit: Mindfulness Practices to Reduce Anxiety”, Parts 1 and 2](#) (published April 9, 2020)
- [“Cultivating Wisdom During the COVID Crisis: Resilience Strategies to Combat Loneliness”](#)
- [Resilient Thinking for Lawyers Part 1: Taming Negative Emotions](#) by Anne Brafford, Esq.
- [Resilient Thinking for Lawyers Part II: Boosting Positive Emotions](#) by Anne Brafford, Esq.

[“15 Things Therapists Do When They’re Anxious Watching the Debate”](#) - Tips for addressing anxiety and practicing self care during election season, by Anika Nayak of The Huffington Post, October 7, 2020

[“Where is My Mind?”](#) by Barry Lee, Founder of Mindfulness for Law; in the Law Society Gazette of Ireland, May 15, 2020. An introduction to mindfulness.

[“Develop Your Mindfulness Practice N.O.W.”](#) – a free podcast from the ABA (41 minutes) discussing the benefits of mindfulness for lawyers and tips for developing a practice.

[“7 Myths about Mindfulness \(and What You Need to Know\)” - Why not embrace practices that lower stress and anxiety and improve your health?](#) By Seth J. Gilihan, PhD, Psychology Today, June 1, 2016

[“How to Advance Mindfulness in the Workplace”](#)- article by Jeena Cho in the ABA Journal, April 1, 2020

[“Less Stress, Clearer Thoughts with Mindfulness Meditation”](#) – by Liz Mineo from the Harvard Gazette

Free Meditations:

- [Center for Mindful Self-Compassion – free self-compassion meditation sessions](#) – daily 45 minute drop-in sessions for those interested in meditating together
- Download the free app called “Insight Timer” for many free meditations at your fingertips

[“Learning to Let Go: Using Acceptance and Commitment Therapy to Manage an Uncertain World”](#) - by Nick Joyce, PhD in Psychology Today, August 8, 2020

[8 Ways to Train Your Mind to Succeed During Uncertain Times](#)” by Oliver Isaacs of Entrepreneur, April 25, 2020

[“Your 5-Day Gratitude Challenge: 5 Exercises to Increase Your Gratefulness”](#) – article by Daryl Chen on [ideas.ted.com](#)

[“Speaking of Psychology: COVID-19 and the Loss of Rituals, Formation of New Ones”](#)- free audio/podcast (22 minutes) - The coronavirus is keeping us from experiencing some of the deepest and most meaningful rituals of our lives, from graduations to weddings to funerals. What is this doing to us psychologically? Michael I. Norton, PhD, professor of business administration at the Harvard Business School; Sponsored by the American Psychological Association.

[“How to Improve Your Sleep during the COVID-19 Pandemic”](#) – article by the Brofenbrenner Center for Translational Research Evidence-Based Living in Psychology Today, May 7, 2020

[“3 Experts Explain How You Can Combat Quarantine Fatigue”](#) – article by Sarah Sloat, posted on Inverse on May 10, 2020.

[“7 Ways to Stay Resilient during the Pandemic”](#) by resilientworker.net on April 13, 2020

[“Coronavirus and your Mental Health: Two Experts Explain Why We Panic and How to Cope”](#) by Joanna Chiu

[“Mental Health and Coping during COVID-19”](#) published by the CDC

[“7 Science-Based Strategies to Cope with Coronavirus Anxiety”](#) by Jelena Kecmanovic

[“The Crisis Kit – 5 Tools for Helping Through Turbulent Times”](#) – comprehensive toolkit created by PositivePsychology.com; tools you can use to help yourself and others to: use your/their mental resources well, connect to a place of inner peace, become aware of factors within and beyond personal control, practice acceptance-based coping, and remain calm in the face of stress.

[“Staying Strong during Lockdown Means Reaching Out — and Working Your Mind, Too”](#) by April Fulton of NPR, August 18, 2020

[“Pain is Unavoidable, Suffering is Optional”](#) – by Jade Wu, PhD from Psychology Today, August 17, 2020

[“Neuroscience Says Listening to This Song Reduces Anxiety by Up to 65 Percent”](#) : Sure to both stir your soul and calm your nervous system. Article by Melanie Curtain of Inc. magazine. She reveals a 10-song playlist that has been scientifically proven to improve relaxation and reduce stress.

Free 15’ TED Talks on Apple Podcasts: [“Checking In”](#) with Harvard Medical School psychologist Dr. Susan David – topics include Moving forward with grief, Regaining control in an unpredictable world and How to manage fear and panic in times of uncertainty

[“Facing Loneliness with Dr. Steven C. Hayes”](#) – 14 minute podcast plus [“A Quick Loneliness Exercise with Dr. Steven C. Hayes”](#) - If you've been struggling with loneliness, know you're not the only one.

Psychologist Susan David shares steps you can take to mitigate the feeling of loneliness, and explores what we know about making meaningful connections.

["30 Positive Affirmations to Help Get You through the Coronavirus Pandemic"](#) - Affirmations challenge your thinking and change the way you view your current situation even if things may still appear to be grim. You can shift your thinking from a defeated mindset to a successful mindset.

["The Role of Resilience in the Face of COVID-19"](#) – available for free as audio or video recording (length of 32 minutes) by Ann Masten, PhD, who is an expert on human resilience. She provides tips on how to tap your inner resilience and build it in your family.

["Emotional Contagion Is Potent: Use It to Spread Possibility, Not Pessimism"](#) – article by Margie Warrell in Forbes on May 6, 2020

["10 Secrets People in Recovery from Addiction Know that Could Help Us All Survive this Global Pandemic"](#) - article on Medium on April 28, 2020

["If There Was Ever a Time to Activate Your Vagus Nerve, It Is Now"](#) - Four simple steps by Ashley Abramson - a fabulous introduction to polyvagal theory and how we can train our bodies to get out of fight or flight mode during this crisis

["Speaking of Psychology: The Most Boring Podcast Ever \(Or, What to Do with Yourself during COVID-19\)"](#) by Dr. Erin Westgate, PhD - Free Podcast (40 min.) and transcript available and sponsored by the American Psychological Association.

STRESS & ANXIETY DURING THE PUBLIC HEALTH CRISIS

["5 Steps for Overcoming Social Anxiety After COVID Isolation"](#) excellent article with great description of useful coping skills by the Newport Institute

["Missing Your Spark? Pandemic Stress Can Interfere with Your Brain's Ability to Focus"](#) by Emily Smith for the Washington Post on March 13, 2021

["I'm A Doctor Seeing Patients with Coronaphobia. Here's What You Need to Know."](#) "Coronaphobia" can be defined as an exaggerated fear of COVID-19 that is rooted in rational anxiety about the very real threat of COVID-19 — and that can promote physical, emotional, cognitive and/or behavioral symptoms that limit a person's quality of life. By Lucy McBride, MD for Huffington Post on March 2, 2021

["Healthy Ways to Handle Life's Stressors"](#) by the American Psychological Association – evidence-based tools to tackle stress

["Managing Anger: Tips, Techniques and Tools"](#) by T. Davis, PhD for Psychology Today, April 21, 2021

["Emotional Well-Being and Coping During COVID-19"](#) – check out this wonderful compendium of articles and short video resources from UCSF that offers excellent information and coping methods to navigate these times; topics include dealing with the trauma, moral injury and grief of the pandemic, dealing with COVID burnout, online stress reduction resources, stigma of COVID-19 and cognitive and somatic coping skills, among many others

["Do You Tend to Imagine the Worst in Every Situation?"](#) by Susan Krauss Whitbourne, PhD for Psychology Today on March 16, 2021; A new study on the looming cognitive style suggests where the anxiety may come from for catastrophic thinkers. Take the online screening to see if you are a catastrophic thinker.

["12 Active Ways to Conquer Anxiety and Depression"](#) by Seth J. Gillihan, PhD for Psychology Today on February 9, 2021

["Pandemic Mental Health and Physical Symptoms"](#) by Mental Health America
A lot of people aren't feeling like their best selves after a year of COVID-19 stress, and if you live with a mental health condition, you may have noticed your symptoms getting worse or even changing entirely – it's normal to experience your mental health condition in a new way now that we are living in such different circumstances. This article briefly discusses why mental health symptoms can manifest as physical symptoms.

["One Strategy to Help Your Loved One With Their Anxiety"](#) by Bonnie Zucker, PhD for Psychology Today on March 9, 2021

["Are You Problem-Solving or Just Worrying? Insights On How to Stop Worrying About Your Problems and Start Solving Them"](#) by Sandra Llera, PhD and Michelle Newman, PhD for Psychology Today, February 1, 2021.

["Resilience is One of the Most Essential Entrepreneurial Traits: Practicing This Can Help You Build It"](#) by Chris Schembra for Entrepreneur, February 26, 2021.

["How Silencing the 'Chatter' in Your Head Can Make You a Better Leader"](#) by Julie Peck for Business Insider, February 25, 2021.

["We Don't Have to Be Anxious About Anxiety: Anxiety is a Valuable Part of Us, Even When We Struggle with It."](#) By Tracy A. Dennis-Tiway, PhD for Psychology Today, February 18, 2021.

["How Emotion Regulation Influences Social Anxiety"](#) by Courtney Beard PhD for Psychology Today on February 26, 2021.

4-minute [TED Talk: "How Stress Affects Your Brain"](#) by Madhumita Murgia

["How to Stop Struggling with Anxiety and Uncertainty: Acceptance and Commitment Therapy"](#) by Victoria Maxwell for Psychology Today on December 30, 2020.

["Mind Going a Million Miles a Minute? Slow Down with this Breathing Exercise"](#) by Judson Brewer, MD, PhD for ideas.ted.com.

The [NAMI Anxiety and Depression Support Group](#) is a free, peer-led support group (meets virtually on Mondays at 6:30 PM) for any adult whose primary concerns are anxiety and depression either as daily

challenges or diagnoses. No formal diagnosis is required. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders living in recovery themselves. Registration is required before joining any group and can be completed online at <https://lnkd.in/e9pETdy>. E-mail Nick at nemeigh@namibuckspa.org with any questions. Join in by clicking on the Zoom link below to allow your phone/computer to guide you through steps of logging in.

- Join Zoom Meeting: bit.ly/NAMIEvent
- Dial-in by Phone: 1-646-558-8656
- Meeting ID: 989 604 7331
- Meeting Password: 222901
- Details: <https://lnkd.in/e9pETdy>
- Questions: nemeigh@namibuckspa.org

["The Surprising Difference between Stress and Burnout"](#) by Bryan E. Robinson, PhD for Psychology Today, November 18, 2020

["How to Deal with Quarantine-Induced Social Anxiety"](#) by Jenny Taiz for the New York Times, November 12, 2020

["The Psychological Toll of the Pandemic: What Isolation Does to the Brain"](#) by Robin Blades for Think Global Health, November 23, 2020; How isolation leads to diminished impulse control, increased aggression, persistent fear response, depression, anger, anxiety, etc.

["Seven Practices to Keep Calm in the Face of Uncertainty"](#) by Lisa Firestone, PhD for Psychology Today, November 5, 2020

["Make Yourself Immune to Secondhand Stress: Keep Your Head When Everyone Else is Losing Theirs"](#) by Shawn Achor & Michelle Gielan for Harvard Business Review, September 2, 2015.

["Have You Considered the Power of Hope? Findings Reveal that Hope Makes a Difference Physically and Psychologically"](#) by Suzanne B. Phillips, PsyD, ABPP for Psychology Today, October 31, 2020

["COVID-19's Psychological Impact Gets a Name: Coronaphobia"](#) by John Watson for Medscape News, September 29, 2020 "The term is a catch-all phrase for the fear and the emotional and social strain experienced by the general public in response to COVID-19. Obsessive behaviors, distress, avoidance reaction, panic, anxiety, hoarding, paranoia, and depression are some of the responses associated with coronaphobia. On the surface, these appear to be normal, somewhat fitting reactions to this surreal and frightening moment in time. However, for those experiencing coronaphobia, they are distinctly maladaptive and harmful.

["It's Not 'Just' Anxiety"](#) by Jessica Walthall for the National Alliance on Mental Illness blog, October 7, 2020

["Six negative mindsets that Increase Your Anxiety & Simple Practical Tools to Overcome These Patterns"](#) by Melanie Greenberg, PhD, of Psychology Today, September 24, 2020

["Our New Age of Anxiety"](#) by Anthony Silard, PhD in Psychology Today, October 13, 2020. The pandemic has increased our anxiety. Yet the real causes are much deeper

[“Fear, Isolation, Depression: The Mental Health Fallout of a Worldwide Pandemic” - article by Christine Vestal from The Pew Charitable Trusts posted May 12, 2020](#)

[“A Short Mindfulness Exercise for Anxiety”](#) – a 9 minute exercise to reduce anxiety by Dr Robert Hindman, PhD from the Beck Institute for Cognitive Behavioral Therapy posted on YouTube March 31, 2020

[“Leading Through Anxiety: Inspiring Others When You Are Struggling Yourself”](#) – Harvard Business Review- comprehensive article featuring audio clips from guests including a Professor of Psychology and the founder of Boston University’s Center for Anxiety & Related Disorders

[“Anxiety Makes Us Bad Decision Makers. Here’s How to Do Better Even If You’re Worried About Everything”](#) – By Jen Rose Smith, CNN, July 9, 2020

[“Why Alcohol, Prescription Medications May Be Making Your Anxiety and Depression Worse”](#) – by Dr. Joseph Garbely

[“A New 7-Item Test of COVID’s Effect on Your Mental Health”](#) - See how you rate on COVID-19 anxiety with this newly-developed test. – written by Susan Krauss Whitbourne, PhD and posted on Psychology Today on May 19, 2020.

[“A 23-Minute Anxiety Practice”](#) (Audio Guided Meditation) by Hugh Byrne

[5 TED Talks to Help You Manage Anxiety and Build Resilience](#) – by Betsy Mikel, Inc.com

[“What’s Behind the Bodily Symptoms of Anxiety?”](#) by Dr. Grant Hilary Brenner, MD, FAPA in Psychology Today, May 25, 2020

[“Tips for Coping with Coronavirus-Induced Anxiety”](#) by Dr. Larry Richard from What Makes Lawyers Tick? at [lawyerbrainblog.com](#)

[“5 TED Talks to Help You Manage Stress”](#) – free

[“Protective and Risk Factors for Toxic Stress”](#) – by Mental Health America

[“5 Signs Your Coronavirus Anxiety Has Turned Serious, Threatening Your Mental Health, And What to Do About It”](#) – article by Sandee LaMotte posted on CNN.com May 5, 2020

DEPRESSION & THE PUBLIC HEALTH CRISIS

["10 Signs You've Developed Depression, Even If You Don't Feel Sad"](#) by Kenya Foy for the Huffington Post, February 11, 2021

["5 Ways Perfectionism and Depression Feed Off Each Other"](#) by Emma Newman for Psychology Today on February 12, 2021

["12 Active Ways to Conquer Anxiety and Depression"](#) by Seth J. Gillihan, PhD for Psychology Today on February 9, 2021

["Pandemic Mental Health and Physical Symptoms"](#) by Mental Health America

A lot of people aren't feeling like their best selves after a year of COVID-19 stress, and if you live with a mental health condition, you may have noticed your symptoms getting worse or even changing entirely – it's normal to experience your mental health condition in a new way now that we are living in such different circumstances. This article briefly discusses why mental health symptoms can manifest as physical symptoms.

["Work Depression: How to Take Care of Your Mental Health on the Job"](#) by Leela R. Magavi, MD for Healthline

[The LiveWell Foundation](#) – volunteer-run, peer-led, public mental health program supporting recovery from depression – offers free peer-led, curriculum-based support groups both online and community-based for those dealing with or in recovery from depression.

The [NAMI Anxiety and Depression Support Group](#) is a free, peer-led support group (meets virtually on Mondays at 6:30 PM) for any adult whose primary concerns are anxiety and depression either as daily challenges or diagnoses. No formal diagnosis is required. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders living in recovery themselves. Registration is required before joining any group and can be completed online at <https://lnkd.in/e9pETdy>. E-mail Nick at nemeigh@namibuckspa.org with any questions. Join in by clicking on the Zoom link below to allow your phone/computer to guide you through steps of logging in.

- Join Zoom Meeting: bit.ly/NAMIEvent
- Dial-in by Phone: 1-646-558-8656
- Meeting ID: 989 604 7331
- Meeting Password: 222901
- Details: <https://lnkd.in/e9pETdy>
- Questions: nemeigh@namibuckspa.org

["Pandemic Depression is About to Collide with Seasonal Depression. Make a Plan, Experts Say"](#) by Chelsea Cirruzzo for the Washington Post, October 27, 2020

["Gut Bacteria's Role in Anxiety and Depression: It's Not Just In your Head"](#) by Elizabeth Svoboda for Discover, October 4, 2020

["What is Depression?"](#) by the American Psychiatric Association; a comprehensive review of depression, including risk factors, treatment options and information on related disorders

["When Being Tired is Actually Depression"](#) by Catherine Pearson for Huffington Post, September 28, 2020

["The Disguises of Depression: Irritability and Oppositional Behaviors May Be More than Attitude"](#) by Anthony D. Smith LMHC from Psychology Today, October 4, 2020

["8 Ways to Prepare for Seasonal Affective Disorder \(SAD\) in the Time of COVID-19"](#) by Stephanie Thurrott of Today.com, October 8, 2020

["Why Is Law the Loneliest Profession in America?"](#) This is an excellent article by Dr. Rachel Fry, Psychologist, on LinkedIn, October 2, 2020. You must sign up for a free Linked In account to access.

["The Lawyers Depression Project"](#) by Brian Cuban for Above the Law, December 19, 2018

["Dealing with Treatment Resistant Depression"](#) by Mental Health America

["Fear, Isolation, Depression: The Mental Health Fallout of a Worldwide Pandemic"](#) - article by Christine Vestal from The Pew Charitable Trusts posted May 12, 2020

["Are You OK? An Attorney Living With Depression and His Advice for You."](#) – by Russell Shrauner – posted in the Texas State Bar's TLAP blog on May 4, 2020

["5 Proven Ways to Relieve COVID-Related Depression"](#) by Seth Gillihan, PhD in Psychology Today, August 16, 2020.

["Why Alcohol, Prescription Medications May Be Making Your Anxiety and Depression Worse"](#) – by Dr. Joseph Garbely

["11 Truths Only People with High-Functioning Depression Will Understand"](#) by Nicole Pajer of the Huffington Post, March 5, 2019

["How You can Help Someone Battling Depression"](#) by Zee Krstic, Good Housekeeping, April 23, 2020

["Depression vs. Sadness: When to Talk With Your Doctor"](#) by the American Osteopathic Association

BURNOUT & FATIGUE

[“Emotional Well-Being and Coping During COVID-19”](#) – check out this wonderful compendium of articles and short video resources from UCSF that offers excellent information and coping methods to navigate these times; topics include dealing with the trauma, moral injury and grief of the pandemic, dealing with COVID burnout, online stress reduction resources, stigma of COVID-19 and cognitive and somatic coping skills, among many others

[“Pandemic Exhaustion is Different from Just Feeling Tired. Here’s What to Do About It”](#) by

Elizabeth Wellington for the Philadelphia Inquirer on March 25, 2021

[“New Data Illuminates The Employee Mental Health Crisis”](#) by Mental Health America on March 2, 2021; reviews the results of MHA’s **[Mind the Workplace 2021 report](#)**; Employee Stress and Burnout:

- 83% felt emotionally drained from their work
- 59% percent said that their supervisor does not provide enough support to help them manage their stress
- Less than 5% strongly agreed that their employer provides a safe environment for employees who live with mental illness
- 56 percent spend time looking for a new job, compared to 40 percent of employees in 2018

[“Pandemic Mental Health and Physical Symptoms”](#) by Mental Health America

A lot of people aren’t feeling like their best selves after a year of COVID-19 stress, and if you live with a mental health condition, you may have noticed your symptoms getting worse or even changing entirely – it’s normal to experience your mental health condition in a new way now that we are living in such different circumstances. This article briefly discusses why mental health symptoms can manifest as physical symptoms.

[“Pandemic Prompts Stress, Burnout in Lawyers, Survey Shows”](#) from the American Bar Association on February 22, 2021 and **[“Sobering COVID survey Portends Exodus from Profession”](#)** also from the ABA, February 18, 2021.

[“It’s Not Just You. A Lot of Us Are Hitting a Pandemic Wall Right Now”](#) by Julia Ries for HuffPost, February 2, 2021.

[“The 4 Most Common Work-From-Home Bad Habits”](#) by Mark Travers, PhD for Psychology Today on February 24, 2021.

[“E-Mail is Making Us Miserable: In an Attempt to Work More Effectively, We’ve Accidentally Deployed an Inhumane Way to Collaborate”](#) by Cal Newport for The New Yorker, February 26, 2021.

[“Resilience is One of the Most Essential Entrepreneurial Traits: Practicing This Can Help You Build It”](#) by Chris Schembra for Entrepreneur, February 26, 2021.

[“That Feeling You Can’t Name? It’s Called Emotional Exhaustion”](#) by Alia E. Dastagir for USA Today, January 15, 2021.

[“Cognitive Load Theory: Explaining Our Fight for Focus”](#) by Christian Jarrett for BBC, November 12, 2020; a great article about why the pandemic is playing havoc with your mental function and focus

[“A Neuropsychological Exploration of Zoom Fatigue”](#) by Jena Lee, MD for Psychiatric Times, November 17, 2020 – an excellent, brief review of why the brain prefers face to face in person communication and why videoconferencing doesn’t stimulate the brain’s reward system.

[“The Surprising Difference between Stress and Burnout”](#) by Bryan E. Robinson, PhD for Psychology Today, November 18, 2020

[“How to Avoid Burnout in the Age of Remote Work”](#) – article by Shelly V. Joseph on Forbes.com on May 18, 2020

[“Three Hours Longer, the Pandemic Workday Has Obliterated Work-Life Balance”](#) – article by Michelle Davis and Jeff Green in Bloomberg News on April 27, 2020

[“‘Zoom fatigue’ is taxing the brain. Here's why that happens.”](#) By Julia Sklar of National Geographic, April 24, 2020. Video calls seemed an elegant solution to remote work, but they wear on the psyche in complicated ways.

[“Why Video Chats are Wearing Us Out: Technology is saving us in quarantine—but it's also taking a toll. Here's why.”](#) - article by Doreen Dodgen-Magee, Psy.D , Psychology Today, April 17, 2020

[“Home Office Syndrome: There's no place like home—unless you're working from there because of COVID-19.”](#) – article by Alex Dimitriu M.D. in Psychology Today, April 13, 2020.

[“How to Tame Burnout When Your Office Is Your Bedroom”](#) – 13 minute free podcast by Dr. Susan David

[“The Addiction Nobody Talks About but everybody is Doing and 10 Solutions”](#) – excellent article on ‘workaholism’ by Bryan Robinson for Forbes, June 20, 2020

TRAUMA AND PTSD RELATED TO THE PUBLIC HEALTH CRISIS

["Emotional Well-Being and Coping During COVID-19"](#) – check out this wonderful compendium of articles and short video resources from UCSF that offers excellent information and coping methods to navigate these times; topics include dealing with the trauma, moral injury and grief of the pandemic, dealing with COVID burnout, online stress reduction resources, stigma of COVID-19 and cognitive and somatic coping skills, among many others

["7 Red Flags You're Experiencing Trauma from the COVID-19 Pandemic"](#) by Jillian Wilson for the Huffington Post, March 8, 2021

["Do You Know What to Do If a Friend Is in Emotional Pain? Use the REACH Coaching Tool"](#) – from the US Department of Veterans Affairs; REACH is a simple tool that can be used to help support ourselves and others' mental health and to prevent suicide. It is for and about everyone because we all have risk and protective factors that we need to recognize and understand. (REACH= **R**each out and ask, "How are you, really?", **E**ngage them about possible risk factors, **A**ttend to their safety, **C**onnect them to resources and **H**elp them create and maintain a plan to stay safe.

["What Doctors Wish Patients Knew About Coping with Pandemic Anger"](#) from the American Medical Association, by Sara Berg on February 26, 2021,

["The Five Pillars of Recovery from Trauma and Addiction"](#) by Jennifer Storm for The Fix, October 7, 2020

["COVID Brain in the Legal Profession"](#) by Kathleen Pearson, SPHR for LinkedIn on July 20, 2020

["Don't Just Lead Your People Through Trauma. Help Them Grow"](#) by Jamil Zaki for Harvard Business Review, September 14, 2020

["ACES Science 101 \(FAQ's\)"](#) – A concise introduction to the far-reaching consequences of Adverse Childhood Events (ACE's)/trauma during a lifetime.

["11 Ways Post-traumatic Stress Disorder Can Affect the Body"](#) – by Matthew Wilson from Business Insider, June 18, 2020

[Post Traumatic Growth Information Sheet - Post-traumatic growth \(PTG\) is this form of positive change that people experience as a result of struggling with major life crises or a traumatic event.](#) PTG can be considered an outcome as well as a process. It is about maintaining a sense of hope that not only can a person who has experienced trauma survive but they can also experience positive life changes as a result. Information from the PA Recovery Organizations Alliance

["Secondary Trauma in the Time of COVID-19"](#) by Bethany Jones from Mental Health America

["Life after COVID-19 Making Space for Growth"](#)- article by Kirsten Weir posted on June 1, 2020 by the American Psychological Association- "In this time of grief, the theory of *post-traumatic growth* suggests people can emerge from trauma even stronger."

["Vicarious Trauma is Real and Really, Really Common with Lawyers"](#) by Brandon Vogel, New York State Bar Association

["How to Reduce Your Risk of PTSD in a Post-COVID-19 World"](#) by Jennifer Taitz, New York Times, May 20, 2020

["How to Cope with Traumatic Stress"](#) – by the American Psychological Association, October 30, 2019

["30 Things You Need to Know about Trauma and PTSD"](#) by Jenni Schaefer from The Meadows. June is PTSD (Post Traumatic Stress Disorder) Awareness Month.

["The Legacy of Trauma: An Emerging Line of Research is Exploring How Historical and Cultural Traumas Affect Survivors' Children for Generations to Come"](#) by Tori DeAngelis of the American Psychological Association, February 2019, Vol. 50, No. 2 pg. 36

12 Simple Ways to Take a Mindfulness Pause

1. **Pause between bites of food** and savor the taste.
2. **Pay attention** as you wash your face or brush teeth.
3. **Turn off** your personal electronic devices for an hour.
4. **Stretch** and notice the sensations in your body.
5. **Listen carefully** to the person speaking to you.
6. **Observe the feeling of breathing** for just a few breaths.
7. **Look around** and really notice your surroundings.
8. **Take a moment** to offer someone a few positive words.
9. **Sing a song** in the shower—just for fun, no judgment.
10. **Observe** the sunrise or sunset.
11. **Appreciate** someone in your life.
12. **Meditate.**



10 Steps to Honoring Yourself

1. Prioritize your needs.
2. Let go of the guilt.
3. Get your happiness from gratitude not status.
4. Ask for help.
5. Communicate clearly.
6. Always honor the no.
7. Listen to your body regularly.
8. Let go of what doesn't belong to you.
9. Focus on progress not perfection.
10. Strive to improve rather than seek approval.

CounselingRecovery.com



What to Remember About Emotions



1. You are *not* your emotions.

Feeling anger doesn't make you an "angry person."

2. Emotions *come and go*.

Even an intense physical reaction may peak within minutes if you let it pass.

3. Emotions *don't need a specific reason*.

Sometimes it's OK to focus on feeling better rather than digging around for "what's wrong."

4. Emotions *do not require a reaction*.

With practice, it gets easier to pause and look around before choosing what to do, if anything.

5. Strong emotion is *not inherently negative*.

Nature worked hard to give us a wide range of emotional experiences and signals.

Types of Thinking That Can Get in Your Way

1. All-or-nothing thinking: "I must do it all now."

2. Catastrophizing: "This is a disaster."

3. Taking too much on: "I have to say yes to everything."

4. Waiting for inspiration: "I'll do it when I feel better."

5. Failure to prioritize: "I'll do everything at once."

6. Focusing on shoulds: "I shouldn't be this way."
"I should be able to handle this."

7. Magnifying: "These tasks are impossible."

8. Avoiding: "It's just too much. I'll watch TV instead."



GRIEF RELATED TO THE PANDEMIC

"Each person's grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed. That doesn't mean needing someone to try to lessen it or reframe it for them. The need is for someone to be fully present to the magnitude of their loss without trying to point out the silver lining."

—David Kessler

["6 Ways to Deal with COVID-19 Grief and Loss"](#) by Julia Fraga, PsyD for Self on March 29, 2021

["The Transformational Effects of Bereavement"](#) - Loss and grief can lead to spiritual growth and other positive changes. By Steve Taylor, PhD for Psychology Today on March 12, 2021

["Emotional Well-Being and Coping During COVID-19"](#) – check out this wonderful compendium of articles and short video resources from UCSF that offers excellent information and coping methods to navigate these times; topics include dealing with the trauma, moral injury and grief of the pandemic, dealing with COVID burnout, online stress reduction resources, stigma of COVID-19 and cognitive and somatic coping skills, among many others

Free, Virtual Monthly Grief Support Group held by the [Hope and Healing Center & Institute](#) on the 2nd Tuesday of each month 6:45 PM-8:00 PM EST. [Click here to register](#). *Note: the Center is in Houston, TX so the times posted on their website are Central Standard Time.*

Free podcast [“The Grip of Grief: Processing the Continual Losses of the Pandemic”](#) by grief expert Jill Johnson-Young, LCSW. The 65 minute podcast can be downloaded for free as well. Scroll to bottom of web page.

[“How to Deal with Grief and Persevere During the Pandemic”](#) by Jessica DuLong for CNN, November 30, 2020. A great interview with an author on grief and ‘recovering from pessimism’.

[Red Cross Virtual Family Assistance Center – Free Resources to Help Support Families Struggling with Loss and Grief Due to the Pandemic](#)

[“Feeling Grief over the Loss of Normalcy”](#)- article by Megan Seidman of the Caron Foundation on May 5, 2020

[“That Uncomfortable Coronavirus Feeling: It Could Be Grief”](#) – April 15, 2020 CNN article by Marnie Hunter about grief, guilt and the restoration of gratitude during the pandemic

[When Hidden Grief is Triggered During COVID-19 Confinement](#) – excellent article by renowned clinical psychologist Dr. Tian Dayton discussing how to use these days of the crisis to heal old wounds rather than re-enact them

[“That Discomfort You’re Feeling is Grief”](#) by Scott Berinato March 23, 2020 (Harvard Business Review)

[“Grief is Essential”](#) by Shawn Healy, psychologist in AttorneyAtWork.com – relative to lawyer well-being and law firms

ALCOHOL & OTHER SUBSTANCE USE DURING THE PANDEMIC

[“Drinking, Coping, and COVID-19”](#) by Charlotte Huff for the American Psychological Association on January 1, 2021

[“7 Common Questions about Twelve Step Recovery Programs”](#) by Hazelden Betty Ford Foundation, December 2019

[“49% of U.S. Workers Are Struggling with Alcohol and Substance Abuse”](#)- Study shows substance abuse and addiction have nearly doubled among workers since the pandemic began. From The Standard Company

[“As Alcohol Abuse Rises Amid Pandemic, Hospitals See a Wave of Deadly Liver Disease”](#) by Eli Chan for the Los Angeles Times, February 8, 2021.

[Free Podcast “Measuring the Miracle: The Promise of Recovery Capital – Justice to Healing”](#) by Susan Broderick, JD, Director of the National District Attorneys Association. A 30’ podcast discussing the concept of recovery capital and how it affects the chances of long term recovery from substance use.

[“Reimagine Your Relationship with Alcohol”](#) by Julia Bainbridge for the New York Times, January 15, 2021.

[“Addiction: 5 Early Warning Signs”](#) by Anderson Spickard Jr., PhD for Psychology today, November 12, 2020; a fabulous, short article by a Psychiatry Professor at Vanderbilt University School of Medicine about what to look for in yourself, your loved ones or your colleagues who may be stressed and struggling with either a substance use or mental health issue

[“The Year of Drinking Dangerously”](#) by Kelley Manley for Elle, December 3, 2020

[“Why Professionals, Depressed and Anxious, are Developing Addictions during COVID”](#) by Eilene Zimmerman of The Guardian, October 13, 2020

[“More Americans are Binge Drinking during Pandemic: How to Cope without Alcohol”](#) by Bob Curley for Healthline, October 4, 2020

[“Why Lawyers are the Most Impaired Professionals”](#) by Corey Rabin, Bloomberg Law, May 2020

[“The Other Second Wave COVID-Related Stressors and Increasing Instances of Substance Abuse”](#) – by Dr. Samoon Ahmad, PhD on Psychology Today, August 10, 2020

[“Why Alcohol, Prescription Medications May Be Making Your Anxiety and Depression Worse”](#) – by Dr. Joseph Garbely

[“More People Are Taking Drugs for Anxiety and Insomnia, and Doctors Are Worried”](#) – by Andrea Petersen, Wall Street Journal, May 25, 2020 - “Prescriptions for anti-anxiety medications and sleep aids have risen during the pandemic, prompting doctors to warn about the possibility of long-term addiction and abuse of the drugs.”

NUTRITION AND EATING DISORDERS DURING THE PANDEMIC

[“4 Brain Foods To Promote Mindful Productivity And Career Health”](#) by Bryan Robinson, PhD for Forbes on March 5, 2021

[“The Pandemic is Causing a ‘Tsunami’ of Eating Disorders, and It’s Unlikely to Let Up”](#) by Anagha Srikanth for The Hill.com, February 12, 2021.

[“Eating Disorders Thrive in Anxious Times and Pose a Lethal Threat”](#) by Yuki Noguchi for NPR/WITF Shots, September 8, 2020 (article and 4-minute audio)

[“Eating Disorder Support Toolkit – Holiday Season”](#) by Lindsey Hall for ERC, November 9, 2020 (*Note: LCL does not endorse any specific treatment center.*)

["Managing Holiday Meals When You Have an Eating Disorder"](#) by Lauren Muhlheim, PsyD, CEDS for VeryWell Mind, November 25, 2020

["How Patients with Eating Disorders Have Been Affected by the Pandemic"](#) – by Kate Mishkin, Smithsonianmag.com, October 13, 2020

["COVID-19 May Be Making Eating Disorders Worse"](#) by Renee Engeln, PhD for Psychology Today, September 24, 2020

["Disordered Eating in a Disordered Time"](#) by Emma Goldberg of the New York Times, June 5, 2020.

SUPPORTING OTHERS DURING THE COVID-19 CRISIS

["Do You Know What to Do If a Friend Is in Emotional Pain? Use the REACH Coaching Tool"](#) – from the US Department of Veterans Affairs; REACH is a simple tool that can be used to help support ourselves and others' mental health and to prevent suicide. It is for and about everyone because we all have risk and protective factors that we need to recognize and understand. (REACH= **R**each out and ask, "How are you, really?", **E**ngage them about possible risk factors, **A**ttend to their safety, **C**onnect them to resources and **H**elp them create and maintain a plan to stay safe.

["How to Help Someone Who Is Suicidal"](#) by Marty Nemko, PhD- an interview with Dr. Mark Goulston

["One Strategy to Help Your Loved One With Their Anxiety"](#) by Bonnie Zucker, PhD for Psychology Today on March 9, 2021

["Reaching Out to a Loved One with Substance Use Disorder"](#) by Claire Nana for NAMI, February 26, 2021.

["How to Talk to Loved Ones When You're Worried about their Mental Health"](#) by Allyson Chiu for the Washington Post, December 1, 2020

["The Myths and Warning Signs of Suicide"](#) by Louise B. Miller, PhD for Psychology Today, September 9, 2020

["Helping Hands Need a Break, Too: How to Lend Support Without Burning Out"](#) by Juli Fraga and Kelsey Crowe for WITF/NPR Shots, October 17, 2020

["10 Ways to Cheer Someone Up Right Now"](#) – Simple ways to be of service to others to make them and you feel better about the current health crisis - by Emily Skehill of Mental Health America- posted on MHA site May 4, 2020

["How to Support a Loved One Going Through a Tough Time During COVID-19"](#) by Rubina Kapil- article posted on Mental Health First Aid website March 20, 2020

[“Experts Say it’s Like Getting a Mental Health Stimulus Check from Your Peers”](#) – great article by Denise Brodey on forbes.com (April 26, 2020) on the current data and effort around the efficacy of peer support for mental health

[“How You can Help Someone Battling Depression”](#) by Zee Krstic, Good Housekeeping, April 23, 2020

[“My Friend Is Suicidal: What Should I Do?”](#) by Taylor Bennet, National Alliance on Mental Illness, September 2, 2020

Mental Health America is offering free access to an amazing recent webinar, [“Peer, Friend and Self Support in the COVID-19 Crisis: How to Provide Support for Ourselves and Others through Times of Fear and Isolation”](#) - specific and accessible skills & techniques we can use to maintain our own mental health and simultaneously support those around us. [Click Here](#) to go directly to the YouTube Channel and video.

Tips from [Mental Health First Aid Curriculum](#) so you can #BetheDifference care for yourself and your loved ones’ mental health

[“Brilliant: An Introduction to ITC \(Invitation to Change\)”](#) –by Cordelia Kraus on July 12, 2019 – Tailored for family members of those with a substance use issue. This briefly describes the CRAFT approach to helping loved ones seek the help they need and choose to make their own behavioral changes – found on the [soberfamilies.com](#) website

Hazelden Betty Ford is offering a FREE Virtual Family Program for families and friends of a loved one with a substance use disorder. Topics include; Addiction as a disease & the Impact of Addiction on the Family, Boundaries and communication, Unhealthy ‘helping’ and detaching with love, The value of the twelve steps and spirituality, and Recovery management for families

Trainings are ongoing every week. Click on any of the links below to register. Please note these are Central standard times.

- [Tuesdays, 10:30 a.m.-6:30 p.m. CDT](#)
- [Wednesdays, 10 a.m.-5:30 p.m. CDT](#)
- [Thursdays, 8:30 a.m.-5:30 p.m. CDT](#)
- [Thursdays, 8:30 a.m.-5:30 p.m. CDT](#) (Structured for parents/guardians and siblings of loved ones ages 12-23)
- [Fridays, 10:30 a.m.-6:30 p.m. CDT](#)
- [Saturdays, 8:30 a.m.-5:30 p.m. CDT](#)



IDONTMIND

Just Checking In

Ten simple questions to check in on someone's mental health

1. How are you feeling today, really? Physically and mentally.
2. What's taking up most of your headspace right now?
3. What was your last full meal, and have you been drinking enough water?
4. How have you been sleeping?
5. What have you been doing for exercise?
6. What did you do today that made you feel good?
7. What's something you can do today that would be good for you?
8. What's something you're looking forward to in the next few days?
9. What's something we can do together this week, even if we're apart?
10. What are you grateful for right now?

“

6 Things to Say to Someone Who's Depressed

”

1. "I'm here for you."

Just offering to be there can help them feel less alone.

2. "What can I do to help?"

Even listening to their worries can help. If they say nothing needs to be done, it still shows that you care.

3. "I like [X/Y/Z] about you."

Positive reinforcement can help soften self-berating tendencies and test the reality of their thoughts.

4. "Yeah, that is lousy."

Acknowledging real concerns makes a person feel like they are being heard instead of misunderstood or ignored.

5. "There are ways to get through this difficult time."

Being there to reassure and accompany a depressed person in getting professional help can make a real difference.

6. "I've been through it, too."

If you've had a mental health condition, talking about it can matter to someone who feels no one understands them.

RESOURCES SPECIFIC TO LAW STUDENTS

National Suicide Prevention Lifeline: 1-800-273-8255

["The Path to Reforming the ABA Standards to Promote Law Student Well-Being"](#) by ABA COLAP, April 23, 2021 – details the work being done to revise the ABA Standards and Rules for Approval of Law Schools to address the critical issue of student well-being.

["How to Succeed in the COVID-19 Job Market"](#) by Janelle McPherson for the National Jurist, Spring 2021

["Diversity and Well-Being: Lawyers Share Mental Health Struggles"](#) by Erin DeGregorio for Fordham Law News, February 23, 2021.

["Essential Mental Health, Physical Health, and Wellness Resources for Bar Exam Prep"](#) from the BAB Las Student Division, February 2, 2021.

["Rep. Jamie Raskin's Beautiful Obituary for His Son Is an Important Message About Mental Health"](#) by Annie Reneau on January 5, 2021 for Upworthy (National Suicide Prevention Lifeline: 1-800-273-8255)

["Bar Exam Blues: The pandemic threw a giant wrench into the bar exam, which was already under scrutiny regarding its effectiveness. What now?"](#) by Mike Stetz for The National Jurist, January 12, 2021.

["Seven Lessons for 1L's"](#) by Gavri Schreiber for The Harvard Law Record, September 14, 2020

[NAMI Off Campus Student Support Group](#) for any college or university student, graduate or undergraduate, who needs to talk and be heard. If you've had to take a semester off, you're welcome here too. This group is led by two of our amazing, compassionate, and capable facilitators, Sage and Gabe, who are university students themselves. There is no cost to attend, and all are welcome. Click the Zoom link below, and your phone/computer will guide you through steps to join. You do not have to live in or be a Bucks County resident to attend.

- Join Zoom Meeting: bit.ly/NAMIVirtual
- Dial-in by Phone: 1-646-558-8656
- Meeting ID: 912 202 4943 Meeting Password: 202901
- Details: <https://lnkd.in/e9pETdy>
- Questions: nemeigh@namibuckspa.org

Have you registered? Visit <https://lnkd.in/e9pETdy> to register now.

The National Jurist Magazine issue for November/December 2020 includes the following articles ["The Top Schools for Online Learning."](#) ["Online Education to the Rescue"](#), and ["Virtual Law: The Future?"](#)

["Feel Like a Fraud? You're Not Alone"](#) by Kirsten Weir for the American Psychological Association

["Top Tips for Mental and Emotional Well-Being While in Law School"](#) by Angela Nieves in ABA's Before the Bar, October 6, 2020

[Mental Health Toolkit for Law Students](#) – from the ABA’s Commission on Lawyers Assistance Programs and the ABA Law Student Division; see the [website](#) for additional mental health resources as well

[“Young Adults’ Pandemic Mental Health Risks”](#) by Dr. Perri Klass, MD, New York Times, August 24, 2020

[How to Stay Safe this Semester](#) – by Alexandra Sumner, The National Jurist, September 4, 2020

[The Coronavirus Survival Guide for Law Students](#)– National Jurist Spring 2020 pp.51+

- How to Excel at an Online Class
- 5 Truths About Distance Learning
- What an Online Student experience is Really Like
- Guide to Self-care for Law Students

[PBA Internship/Project Board](#) - In response to the postponement of the bar exam, PBA launched a new service that brings together lawyers searching for paid short- and long-term professional support with recent law school graduates seeking legal assignments.

[“The Path to Law Student Well-Being Podcast Series”](#)- **7 free podcasts** tailored for law students on topics ranging from bar exam prep, stress, mindfulness, etc. from the ABA

[“2020 Law School Graduates To Receive Complimentary Access to Bloomberg Law through June 1, 2021”](#)

– press release posted by the Bloomberg Industry Group on May 12, 2020 – “Given the significant disruptions to recent law school graduates’ career pursuits on account of the Covid-19 pandemic, we’re pleased to be able to provide them an additional six months of complimentary access to our platform,” said Joe Breda, president of Bloomberg Law. “The unique career resources on Bloomberg Law are without comparison in helping recent law school graduates find an employer, prepare for an interview, and land an offer. And once they land a position, Bloomberg Law’s timesaving practice tools can help them streamline everyday tasks.”

[“Law Students and Dealing with COVID-19”](#) – 30’ audio interview by Joe Patrice from Above the Law – a conversation with the National Chair of the ABA Law Student Division about the issues facing students during the pandemic and how the ABA is addressing those concerns

[“An Insider’s Guide to Succeeding in Law School—Even During the Covid-19 Pandemic”](#)- free podcast led by A. Ferguson, Professor at David A. Clarke School of Law and found in the ABA Journal Modern Law Library

[American Bar Association's Before the Bar: Coronavirus Resources and Information for Law Students:](#)

- [“Mental Health Resources Toolkit for Law Students and Those Who Care About Them”](#)
- Many other articles offering information, guidance and support on topics ranging from mental health, bar exams, online learning toolkits, financial and student loan information

American Psychological Association’s short article, [“Coping with COVID-19-related Stress as a Student”](#) – fact sheet included

GENERAL MENTAL HEALTH RESOURCES

["Do You Know What to Do If a Friend Is in Emotional Pain? Use the REACH Coaching Tool"](#) – from the US Department of Veterans Affairs; REACH is a simple tool that can be used to help support ourselves and others' mental health and to prevent suicide. It is for and about everyone because we all have risk and protective factors that we need to recognize and understand. (REACH= **R**each out and ask, "How are you, really?", **E**ngage them about possible risk factors, **A**ttend to their safety, **C**onnect them to resources and **H**elp them create and maintain a plan to stay safe.

["The Science Behind Mental Illness and Recovery"](#) by Mental Health America – An excellent brief summary of the factors that contribute to both mental health problems and a successful recovery that contains many links to helpful resources and educational material.

["Has the Pandemic Finally Convinced Doctors to Take the Link Between Physical and Mental Health Seriously?"](#) by Barbara Brody for Health.com on March 1, 2021

["12 Active Ways to Conquer Anxiety and Depression"](#) by Seth J. Gillihan, PhD for Psychology Today on February 9, 2021

["Pandemic Mental Health and Physical Symptoms"](#) by Mental Health America
A lot of people aren't feeling like their best selves after a year of COVID-19 stress, and if you live with a mental health condition, you may have noticed your symptoms getting worse or even changing entirely – it's normal to experience your mental health condition in a new way now that we are living in such different circumstances. This article briefly discusses why mental health symptoms can manifest as physical symptoms.

["13 Mental Health and Wellness Resources for Asian American Communities"](#) by Marianne Mychaskiw for Bustle on March 2, 2021

["How to Help Someone Who Is Suicidal"](#) by Marty Nemko, PhD- an interview with Dr. Mark Goulston

["One Strategy to Help Your Loved One With Their Anxiety"](#) by Bonnie Zucker, PhD for Psychology Today on March 9, 2021

["Resources for Families Coping with Mental and Substance Use Disorders"](#) from the Substance Abuse and Mental Health Services Administration (SAMHSA)

ATTENTION DEFECIT DISORDER /ADHD

- ["How an ADHD Diagnosis Changed My Life: A Lawyer's Story"](#) – by Lynn Phillips and Sandy Maynard, MS for ADDitude
- ["I Feel Like a Fraud Hiding in Plain Sight: Adult ADHD and Overcoming the Impostor Syndrome"](#) by Russell Ramsay, PhD for Psychology Today, February 4, 2021.
- Free e-book available for download, ["The Focused Lawyer: A New Strategy for Lawyers with ADHD to Get More Done and Increase Well-Being"](#) by Casey Dixon, PPC, SCAC, BCC, M.Ed.

- [“ADHD and Sleep Problems: This is Why You’re Always So Tired”](#) by William Dodson, MD, LF-APA for ADDitude on February 3, 2021.
- [“My Sobriety was Hidden on the Far Side of My ADHD Diagnosis”](#) by Dara Duffy for ADDitude, March 4, 2021.
- [“What I Wish Someone Had Told Me Before My Flaming ADHD Burnout”](#) by Les Steed for ADDitude,
- [Free 50’ audio recording/podcast “How to Navigate Distractions and Create Structure During COVID-19”](#) by David Greenwood and Casey Dixon (ADHD experts), October 4, 2020.

[“COVID-19’s Impact on Mental Health Hasn’t Been All Bad”](#) by Marilyn Price-Mitchell PhD for Psychology Today, February 17, 2021.

[“How Emotion Regulation Influences Social Anxiety”](#) by Courtney Beard PhD for Psychology Today on February 26, 2021.

[“Resilience is One of the Most Essential Entrepreneurial Traits: Practicing This Can Help You Build It”](#) by Chris Schembra for Entrepreneur, February 26, 2021.

[“Stress and Resiliency in the U.S. Judiciary”](#) by David Swenson, PhD, LP, Joan Bibelhausen, JD, Bree Buchanan, MSF, JD, Hon. David Shaheed and Kathryn Yetter, JD. In the 2020 Journal of the Professional Lawyer from the American Bar Association.

[“Is There a Difference Between Sex Addiction and Porn Addiction?”](#) by Robert Weiss, PhD, LCSW for In the Rooms

[“9 Myths About Mental Illness”](#) by Dan Bates, LMHC, LPC, NCC for Psychology Today on January 15, 2021.

[“Is Your Life Spiraling Out of Control? What to do if You’re Struggling with Mental Health”](#) by Alice Boyes, PhD for Psychology Today, December 17, 2020.

[“How to Weather Psychologically Toxic Conditions”](#) by Amy Athey, PsyD for Psychology Today, January 14, 2021.

[The LiveWell Foundation](#) – volunteer-run, peer-led, public mental health program supporting recovery from depression – offers free peer-led, curriculum-based support groups both online and community-based for those dealing with or in recovery from depression.

[“Got Your ACE Resilience Scores?”](#) by Jan Stevens for ACEs Connections (*ACE is an acronym for Adverse Childhood Events, which have been proven to negatively affect health over a lifetime. This test will help you learn your potential risk to develop mental and physical health problems during your lifetime.*)

The [NAMI Anxiety and Depression Support Group](#) is a free, peer-led support group (meets virtually on Mondays at 6:30 PM) for any adult whose primary concerns are anxiety and depression either as daily challenges or diagnoses. No formal diagnosis is required. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders living in recovery themselves. Registration is required before joining any group and can be completed online

at <https://lnkd.in/e9pETdy>. E-mail Nick at nemeigh@namibuckspa.org with any questions.

Join in by clicking on the Zoom link below to allow your phone/computer to guide you through steps of logging in.

- Join Zoom Meeting: [bit.ly/NAMIEvent](https://lnkd.in/e9pETdy)
- Dial-in by Phone: 1-646-558-8656
- Meeting ID: 989 604 7331
- Meeting Password: 222901
- Details: <https://lnkd.in/e9pETdy>
- Questions: nemeigh@namibuckspa.org

[Mental Health America: Covid 19 Information and Resources \(www.mhanational.org\)](http://www.mhanational.org) – contains a wealth of information and resources regarding the following topics relevant to the public health emergency: mental health information for disease outbreaks, financial support, tools and information on anxiety, tools to connect with others. It also includes comprehensive resources for caregivers, parents, older adults, domestic violence survivors, veterans and LGBTQ+ individuals

15-minute TED Talk Video on [“How Childhood Trauma Affects Health Across a Lifetime”](#) by Dr. Nadine Burke Harris

[Unity Recovery is now offering free digital daily individual, family, women-only and LGBTQ+ all recovery meetings during the pandemic.](#) *Video is optional, you do not have to use your name, audio can be muted, and you are not required to share.* These meetings are meant to be inclusive of all types and permutations of recovery from mental health and/or substance use issues (including medication assisted, harm reduction, abstinence based for substance use)

[National Alliance on Mental Illness \(NAMI\): NAMI's Buck County Online Mental Wellness and Mental Health Recovery Meetings, Events and Trainings](#) are FREE AND OPEN TO EVERYONE NO MATTER WHERE YOU LIVE. They offer online meetings on the following topics and more:

- Black Minds Matter (new)
- Peer Wellness & Recovery Support
- Alternatives to Suicide
- Suicide Loss Survivors
- LGBTQ+ Support
- Youth Group (ages 12-17)
- Refuge Meditation and Mindfulness
- Self Harm and Self Injury Support Group
- Veteran's Support
- Family Support
- Dance and Movement Group
- Art for Recovery
- Writing for Self-Care
- Women's Support Group

[National Alliance on Mental Illness \(NAMI\) – Coronavirus \(COVID-19\) Information and Resources website](#) has links to online support groups that are open to anyone for various mental health issues and comprehensive lists of many mental health resources.

The Calm app's [Feelings Wheel](#), created by Dr. Gloria Wilcox, can help us put words to emotions and care for our mental health. At times feelings may be murky, elusive, and confusing. Sometimes big and intense and other times quiet, buried away and hard to recognize. While words may fall short in fully capturing the essence of emotion, they serve to identify and then communicate our experience. We recommend downloading this handy tool for the next time you can't quite name what's arising within. Scan the wheel to discover what adjective best describes your state and then allow that understanding to empower how you want to meet the moment. [Click to download.](#)

[“Love Addiction and the Draw of Toxic Relationships”](#) by Dr. Ramona Roberts, PsyD, Clinical Supervisor of Trauma Services for the Caron Foundation

[“Procrastivity \(a.k.a. Sneaky Avoidance\) and Adult ADHD Coping” - Part 1 & Part 2](#)

By Russell Ramsay, PhD in Psychology Today

[“The Staggering Stats on How the Coronavirus has Impacted the Mental Health of Americans”](#) – by Andy Larsen of The Salt Lake Tribune, August 23, 2020

[“5 Ways to Cope with Suicidal Thoughts during the Pandemic”](#) – by Kathryn H. Gordon of Psychology Today, August 14, 2020

[Red Cross Virtual Family Assistance Center – Free Resources to Help Support Families Struggling with Loss and Grief Due to the Pandemic](#)

[5 Effective Exercises to Help You Stop Believing Your Unwanted Automatic Thoughts](#) - Most of us live with a constant stream of internal statements, criticisms and commands running through our heads. But we have a choice: We don't have to let them define us. By Steven Hayes, Psychology Professor and Researcher

[“New Study Highlights the Destructive Link Between Perfectionism and Depressive Symptoms”](#) – on PsyPost from the Journal of Research in Personality, by Eric W. Dolan on July 3, 2020.

[Transgender Resources from the ABA and the Transgender Coronavirus Guide](#) from the National Center for Transgender Equality – includes info on transgender organizations and programs, general information and resources

[From Mental Health America: Mental Health Resources Created by and for Black People](#) – “Black Lives Matter. Black Mental health Matters Too.” from the TWLOHA blog on June 2, 2020

[“The Trauma of Racism”](#) by Lisa Firestone, PhD for Psychology Today, June 4, 2020

[#BeTheDifference during Pride Month](#) – simple ways to advocate and support yourself and/or your LGBTQ+ peers during COVID-19 by Mental Health First Aid (MHFA)

[“Why Many Men Have a Harder Time Seeking Treatment for Mental Illness”](#) by Leah Campbell for Healthline, June 30, 2019

From the American Psychological Association: [“A List of Mental Health Resources Available for People of Color”](#) by Elizabeth Gulino on Refinery 29 on June 4, 2020.

Mental Health America has provided some great tools to help all of us thrive. Please take a moment to review the short pdf’s at the following links, which contain concise information and easy, specific ways to manage these issues in our lives.

- [Creating Healthy Routines](#)
- [Eliminating Toxic Influences](#)
- [Finding the Positive After Loss](#)
- [Owning Your Feelings](#)
- [Supporting Others](#)
- [Connecting with Others](#)

Free Apple Podcast: [“Facing Loneliness with Dr. Steven C. Hayes”](#) – 14 minute podcast plus [“A Quick Loneliness Exercise with Dr. Steven C. Hayes”](#) - If you've been struggling with loneliness, know you're not the only one. Psychologist Susan David shares steps you can take to mitigate the feeling of loneliness, and explores what we know about making meaningful connections.

[“COVID 19 Era = More Junk Food, Online Gambling, Gaming, and Pornography”](#) by Marc Potenza, MD, PhD

[“#HowAreYouReallyChallenge: Truth Telling for Mental Health during COVID-19”](#) – article by Dr. Robert Glatter, MD discussing the Mental Health Coalition’s “How are you, really?” initiative to encourage honest dialogue about mental health. Includes video interviews with Kenneth Cole, NY Governor Andrew Cuomo, reporter Chris Cuomo, Kendall Jenner, Hailey and Justin Bieber and other celebrities discussing their own mental health challenges

[Suicide Prevention Education and Resources](#) - from the American Psychiatric Association

[American Psychiatric Association’s Mental Health Resources for Patients & Families](#) – Comprehensive website where you can learn about many common mental health disorders, including symptoms, risk factors and treatment options. Find answers to your questions written by leading psychiatrists, stories from people living with mental illness, and links to additional resources.

[“The Crisis Kit – 5 Tools for Helping...Through Turbulent Times”](#) – comprehensive toolkit created by PositivePsychology.com. This Crisis Kit discusses five of the most relevant tools from our Positive Psychology Toolkit that you can use to help yourself and others to: use your/their mental resources well, connect to a place of inner peace, become aware of factors within and beyond personal control, practice acceptance-based coping, and remain calm and composed in the face of stress.

[“Coping with Fear and Sadness during a Pandemic: Don’t Give In to Fight or Flight Feelings: Learn to Manage Them”](#) by Dr. William C. Sanderson, PhD, Professor of Psychology, Director of Hofstra’s Anxiety and Depression Clinic. This 30+page document contains incredibly useful coping strategies, articles, activities and other resources to help us regulate our mood, maximize sleep hygiene, establish healthy work from home boundaries, manage expectations, cope with guilt, shame, frustration and the stress of these recent world events, as well as how to minimize the traumatic impact of the pandemic in our lives. Do yourself a huge favor. Take an hour or two of quarantine time and read this!

[PsychHub](#), which was co-founded by former congressman Patrick J. Kennedy, has partnered with Columbia University, the American Psychiatry Association, NIH, WHO, CDC, Mental Health America, National Alliance on Mental Illness (NAMI) and the American Foundation for Suicide Prevention among others to compile a truly impressive, comprehensive resource guide (called the COVID-19 Mental Health Resource Hub) with nearly 40 COVID-19-related articles, free webinars, videos and audio recordings covering topics including mental health and wellness, dealing with anxiety over the current health crisis, parenting during Covid-19, supporting older adults, handling grief, developing coping strategies when dealing with uncertainty, etc. [Click Here](#) to access general resources for individuals.

For stories of persons with lived experience of suicidality and finding hope, refer to www.lifelineforattemptsurvivors.org.

Tips from [Mental Health First Aid Curriculum](#) so you can #BetheDifference care for yourself and your loved ones’ mental health.

[Call to Mind](#) (www.calltomindnow.org) offers free access to a great [mental health blog](#) that discusses topics related to COVID-19 such as as living with an existing mental health condition, finding mental health care, etc.

[“Taking Care of Your Mental Health in the Face of Uncertainty,”](#) published by the American Foundation for Suicide Prevention.

[“For Those with OCD, a Threat that is both Heightened and Familiar”](#) by Katherine Rosman, New York Times April 3, 2020 (specific to the current health crisis)

NAMI also offers these [tips for people with mental illness](#).

Free General Mental Health Support Virtual Meetings and Resources from the Pennsylvania Chapters of NAMI (National Alliance on Mental Illness)

- Daily schedule of free Zoom online and video conference meetings available through [NAMI of Bucks county](#)
- Online meetings and resources available through [NAMI of Montgomery county](#)

- Free YouTube webinar on [Supporting Your Loved One with Mental Illness During the COVID-19 Isolation](#)
- [NAMI of Lehigh Valley](#): register for free online and video conferencing meetings by calling 610-882-2102 or email info@nami-lv.org
- [NAMI of Scranton & Northeast Region](#)- free online Zoom meetings- get the schedule and access information by clicking [Here](#)
- NAMI Keystone Chapter: [Bipolar disorder family support group](#) – [Click Here](#) for more information
- [NAMI Mainline](#) offers free mental health resources including chat rooms, help lines, tips on coping and virtual support groups

NAMI Guide - [Coronavirus: Mental Health Coping Strategies](#)

[Emotions Anonymous](#) international fellowship of people who desire to have a better sense of emotional well-being. Online weekly meetings available

[Depression and Bipolar Support](#) offers online support groups 3 day a week for people with mood disorders. Also has an online parent community

[Depression Forums](#) is a website and bulletin board with information, links, live chat and more for people who have mood disorders.

GovTeen is a forum for and by teens with mental health problems and other topics. www.govteen.org

GriefNet offers dozens of email support groups for adults and children. www.griefnet.org

OK2Talk is online blog for teens and youth to share their feelings about mental illness. www.ok2talk.org

[Psych Central Community Connection](#) offers many different online forums related to mental health.

ReachOut Sponsored by SAMHSA and Inspire USA Foundation, reachout.com is a teen site with facts, real stories, support and forums. www.reachout.com

Recovery International offers telephone and online meetings as well as online forums www.recoveryinternational.org

Survivors of Incest Anonymous offers on-line and phone meetings for adult survivors of childhood sexual abuse www.siaawso.org

Vital Cycles offers online and phone meetings to aid in healing from trauma www.vitalcycles.org



National Alliance on Mental Illness

Bucks County

Online Support Groups & Wellness Events

May 2021

Free Mental Wellness & Recovery Groups for everyone. We're here for you. No matter what.

MONDAY

3:00 PM: Peer Wellness & Recovery Support Group [Join >](#)
6:30 PM: Anxiety & Depression Group (5/3, 5/17, 5/31) [Join >](#)
6:30 PM: Teen Check-In (Ages 12-17) (5/10 & 5/24) [Join >](#)
6:30 PM: Provider/Professional Group (5/10 & 5/24) [Join >](#)
6:30 PM: Chronic Pain Support Group (5/3, 5/17, 5/31) [Join >](#)
6:30 PM: QPR Training (Suicide Prevention) (5/17) [Register >](#)
7:00 PM: Black Minds Matter (5/3, 5/10, 5/24, 5/31) [Join >](#)

TUESDAY

10:00 AM: Morning Check-In Group [Join >](#)
2:00 PM: New to NAMI Welcome Group (5/18) [Join >](#)
6:30 PM: Alternatives to Suicide (5/11 & 5/25) [Join >](#)
6:30 PM: Feeling the Music Group (5/4) [Join >](#)
6:30 PM: Creative Writing & Art Group (5/18) [Join >](#)
7:00 PM: Suicide Loss Survivor Group (5/11 & 5/25) [Join >](#)

WEDNESDAY

4:00 PM: Peer Wellness & Recovery Support Group [Join >](#)
6:30 PM: Self-Harm & Self Injury Support Group [Join >](#)
6:30 PM: Veteran & Military Connection (Now Weekly!) [Join >](#)
7:00 PM: NAMI Family Support Group [Join >](#)

THURSDAY

4:00 PM: Peer Wellness & Recovery Support Group [Join >](#)
6:30 PM: Parents of Youth Group (5/6, 5/13 & 5/27) [Join >](#)
6:30 PM: Teen Check-In Group (Ages 12-17) [Join >](#)
6:30 PM: Meditation & Mindfulness Group [Join >](#)
7:00 PM: Forum: Eating Concern or Disorder? [Register >](#)

FRIDAY

4:00 PM: OCD Support Group (Now Weekly!) [Join >](#)
7:00 PM: LGBTQ+ Support Group [Join >](#)
7:00 PM: Regaining Our Sense of Self Support Group [Join >](#)
7:00 PM: Peer Wellness & Recovery Group (5/7 & 5/21) [Join >](#)

SATURDAY

1:00 PM: NAMI Women's Support Group [Join >](#)
4:00 PM: Alternatives to Suicide Support Group [Join >](#)
6:30 PM: Peer Wellness & Recovery Support Group [Join >](#)

SUNDAY

1:00 PM: Off-Campus College Group (5/2, 5/16 & 5/30) [Join >](#)
1:00 PM: Seeking Safety Group (5/9 & 5/23) [Join >](#)
3:00 PM: Mindfulness & Meditation Group Flow [Join >](#)
6:30 PM: Peer Wellness & Recovery Support Group [Join >](#)
8:00 PM: Creative Minds Art & Music Sharing Group [Join >](#)

MEALS FOR MENTAL HEALTH

Join us at these restaurants to raise funds for NAMI Bucks County PA during Mental Health Awareness Month

5/4 from 12 PM - 9 PM: On the Border Bensalem [Join >](#)

5/17 from 11 AM - 9 PM: MOD Pizza Warrington [Join >](#)

5/26 from 4 PM - 8 PM: Chipotle Warminster [Join >](#)

5/30 from 11 AM - 9 PM: MOD Pizza Newtown [Join >](#)

SPECIAL EVENTS

5/13 at 7:00 PM: Forum: Eating Concern or Disorder? with Dr. Melinda Cummings [Register >](#)

**Register &
Join a Meeting**

Registration is required for all support groups. Registration is free and all are welcome. Find group and event information, learn more and register anytime on our website at www.namibuckspa.org/online-support. Questions: nemeigh@namibuckspa.org.



National Alliance on Mental Illness

1-866-399-NAMI (6264)

Resources & Information 9AM - 9PM Daily

NAMI Bucks County PA is dedicated to improving the lives of individuals and families affected by mental illness through recovery-focused support, education and advocacy. We envision a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

www.namibuckspa.org

SUBSTANCE USE TREATMENT & RECOVERY RESOURCES FOR INDIVIDUALS AND FAMILIES

If you or your loved one is ready to seek treatment for a substance use disorder, contact LCLPA (1-888-999-1941) for resources and comprehensive support. You can also call 1-800-662-HELP (4357) (Pennsylvania's Get Help Now treatment locator hotline) or contact your county Drug and Alcohol office.

["New Cochrane Review Finds Alcoholics Anonymous and 12-Step Facilitation Programs Help People to Recover from Alcohol Problems"](#) – evidence-based review by the Cochrane Library of 27 studies with a total of over 10,000 participants

["The Journey Starts Now"](#) a collaboration between WebMD and the Caron Foundation that contains a wealth of resources and information about specific drugs/substances, warning signs that someone you care about may need substance use treatment, aging and addiction, relapse and recovery, how addiction affects the body, the science of addiction, and guidance when choosing a treatment center.

["New Year. New Hope: Spiritual Skeptics Welcome"](#) free podcast from Hazelden Betty Ford - You don't have to believe in an all-knowing supreme being for AA to work for you.

["This is What Long-Term Recovery Feels Like"](#) – free podcast by Hazelden Betty Ford Foundation

["7 Common Questions about Twelve Step Recovery Programs"](#) by Hazelden Betty Ford Foundation, December 2019

[New Weekly Online SMART Recovery Meeting for Women meets Saturdays at 8:00 P.M. EST](#) - launched in March 2021; click here to register

["Relapse in Women is Grossly Misunderstood"](#) by Caron Foundation – talks about the prelude to relapse and its causes

["Resources for Families Coping with Mental and Substance Use Disorders"](#) from the Substance Abuse and Mental Health Services Administration (SAMHSA)

["Reaching Out to a Loved One with Substance Use Disorder"](#) by Claire Nana for NAMI, February 26, 2021.

[Free Podcast "Measuring the Miracle: The Promise of Recovery Capital – Justice to Healing"](#) by Susan Broderick, JD, Director of the National District Attorneys Association. A 30' podcast discussing the concept of recovery capital and how it affects the chances of long term recovery from substance use.

["How to Stay Sober: 12 Tips for Your Recovery"](#) by Buddy T and reviewed by David Susman, PhD for [VeryWell Mind](#)

Dr. Allen Berger, PhD is a psychologist in long term recovery who is considered a pioneer and a foremost authority on emotional sobriety and integrating modern psychotherapy into 12 Step recovery. He has started a weekly virtual ["Emotional Sobriety Anonymous"](#) recovery meeting (Thursdays, 10:00 PM-11:00

PM EST) that focuses on each Step of the AA program and how they operate to achieve emotional sobriety. Zoom ID: 330-149-513. PW: 375-986

6-minute video - [“The Hierarchy of Values Tool: Tips and Tools for Recovery that Work”](#) by SMART Recovery

[Unity Recovery is now offering free digital daily individual, family, women-only and LGBTQ+ all recovery meetings during the pandemic.](#) Video is optional, you do not have to use your name, audio can be muted, and you are not required to share. These meetings are meant to be inclusive of all types and permutations of recovery from both mental health and/or substance use issues, including medication assisted, harm reduction, abstinence based

[“Recovery from Addiction”](#) – There can be many different pathways to remission, but the mechanisms by which people change are the same. Here’s what’s ‘needed’ for recovery. By John F. Kelly, PhD for Psychology Today, posted December 30, 2019 and reviewed September 15, 2020

[SMART Recovery \(Self-Management and Recovery Training\) Tool: The Cost/Benefit Analysis \(video\)](#) (CBA) helps you take a look at what the risk/reward profile of your behaviors are and then make sound decisions accordingly.

FAMILY RESOURCES:

[“The Five Pillars of Recovery from Trauma and Addiction”](#) by Jennifer Storm for The Fix, October 7, 2020

[“The Paradox of Power in 12-Step Recovery”](#) by [Faces and Voices of Recovery](#)

[“Brilliant: An Introduction to ITC \(Invitation to Change\)”](#) –by Cordelia Kraus on July 12, 2019 – Tailored for family members of those with a substance use issue. This briefly describes the CRAFT approach to helping loved ones seek the help they need and choose to make their own behavioral changes – found on the [soberfamilies.com](#) website

Hazelden Betty Ford is offering a **Virtual Family Program** for families and friends of a loved one with a substance use disorder. Topics include:

- Addiction as a disease
- Impact of Addiction on the Family
- Boundaries and communication
- The value of the twelve steps and spirituality
- Recovery management for families
- Unhealthy ‘helping’ and detaching with love

Trainings are ongoing every week. **Click on any of the links below to register.** *Please note these are Central standard times.*

- [Tuesdays, 10:30 a.m.-6:30 p.m. CDT](#)
- [Wednesdays, 10 a.m.-5:30 p.m. CDT](#)
- [Thursdays, 8:30 a.m.-5:30 p.m. CDT](#)

- Thursdays, 8:30 a.m.-5:30 p.m. CDT (Structured for parents/guardians and siblings of loved ones ages 12-23)
- Fridays, 10:30 a.m.-6:30 p.m. CDT
- Saturdays, 8:30 a.m.-5:30 p.m. CDT

Free Podcasts:

- Recovery Road (Hazelden)
 - [How Recovery Prepares Us to Reframe Pain and Suffering](#)
 - [Anger in a Time of Crisis: Recognize and Avoid the Volcano](#)
 - [Four Ways to Resist and Recover from Addictive Emotions](#)
 - [Parenting a Child with a Substance Use Disorder – Dr. Joseph Lee](#)
 - [Finding Value in Our Lowest Moments- Returning to Step 1](#)
 - [The Importance of Self Care in Grief: Good Grief during the Pandemic: Loss Without Losing Everything](#)
 - [Crisis and Creativity for People in Recovery](#)
 - [Grandparents during the Pandemic: Signs You May Need Some Help](#)
- Hazelden Betty Ford Let's Talk: Addiction & Recovery - podcasts about substance use treatment and recovery and related topics - [Click Here](#)
- Shatterproof: [5 Great Podcasts about Addiction and Recovery](#)
- Center for Motivation and Change's [The Beyond Addiction Show](#) with Dr. Josh King
- SobrieTea Party – [Recovery Rocks](#) podcast
- [My Child and Addiction](#) – a parent to parent free podcast series

[Let's Talk Recovery Podcast on Emotional Sobriety](#) by William Moyers and Dr. Allen Berger:

Part 1: Achieving Emotional Sobriety: Coping with Life on Life's Terms

Part 2: Achieving Emotional Sobriety: Staying Centered and Connected

(Audio and transcript available)

[“How Being Black Can Shape Your Recovery Experience”](#) by Jocelyn Harvey for The Temper on March 29, 2019

Free Video Webinars from the Caron Foundation:

- [Getting High during Harrowing Times: Risks and Repercussions of Marijuana Use during the Pandemic](#)
- [Vaping: Dispelling the Myths and Uncovering the Risks in the Wake of COVID-19](#)

[Allies in Recovery \(www.alliesinrecovery.net\)](http://www.alliesinrecovery.net) is offering FREE CRAFT TRAINING for families and professionals during COVID-19. Community Reinforcement and Family Training is an evidence-based methods of communicating with a loved one, friend or peer who is struggling with active addiction. Also check out the [Center for Motivation and Change](#), which offers trainings and additional insight into this groundbreaking and scientifically sound approach. Community Reinforcement and Family Training (CRAFT) teaches family and friends effective strategies for helping their loved one to change and for feeling better themselves. CRAFT works to affect the loved one's behavior by changing the way the family interacts with him or her. It is designed to accomplish three goals:

1. When a loved one is abusing substances and refusing to get help, CRAFT helps families move their loved one toward treatment.
2. CRAFT helps reduce the loved one's alcohol and drug use, whether or not the loved one has engaged in treatment yet.
3. CRAFT improves the lives of the concerned family and friends.

Free 40-minute educational seminars available to view on Facebook, sponsored by Promises:

- [The Grateful Brain](#) by Julie Moss, LPC
- [Healing Trauma through Yoga](#) and 12 Step Recovery

[“Narcotics Anonymous Research Review: Scientific Studies on Narcotics Anonymous”](#) by William White, Marc Gallanter, MD, Keith Humphreys, PhD and John Kelly, PhD

[“Addiction Begins with Solving a Problem, the Problem of Human Pain, Emotional Pain”](#) (article and video) by Laurie Udesky from ACEs Connection featuring addiction medicine specialist Dr. Gabor Mate. A discussion of how trauma predisposes individuals to addiction

SMART Recovery – View the brief [Introduction to SMART Recovery's Family and Friends Program](#) (YouTube video), which is based on the evidence-based Community Reinforcement and Family Training (CRAFT) approach to helping a peer or loved one who has a substance use disorder.

[“Recovery After the Pandemic”](#) – by William L. White, M.A., Emeritus Research Consultant Chestnut Health Systems; posted 2020 at www.williamwhitepapers.com discusses the effect of the novel coronavirus pandemic on the future of addiction treatment and recovery

[Center for Motivation and Change has compiled a ‘care package’](#) of resources on their site including guided meditation, and articles such as “It’s OK to Cry: Responding to a Global Crisis” and “Support for Family and Loved Ones”

[“Recognizing and Preventing Relapse during COVID-19”](#) - piece by Jessica Molavi, MA, ACRPS, Gorski Relapse Prevention Specialist

[“Co-Occurring Disorders: Addiction & Mental Health”](#) – from the [Shatterproof](#) website

[“Post-Acute Withdrawal Syndrome: The Lingering Effects of Drug and Alcohol Withdrawal and How You Can Manage Them”](#) – written by the Hazelden Betty Ford Foundation October 31, 2019

[“Stop. Be Present. Listen. Why Motivational Interviewing is an Important Tool in Recovery”](#) –free podcast with Dr. Molly Magill from SMART Recovery

[“Why COVID-19 Can Be ‘Toxic’ for People in Alcohol Recovery”](#) – article by Laura Santhanam posted on PBS News Hour on April 23, 2020

[“Second Chances” - 6-minute mini-documentary on YouTube by Chris Merritt starring LCL-PA’s very own Executive Director, Laurie Besden, Esq.](#) It highlights the parallels between the stigma associated with substance use disorders and pit bulls (both illusions) and focuses on the fact that those of us fortunate enough to be given a “second chance,” human or K9, use it to do magical and mountain- moving endeavors.

[New Digital Tracking Tool to Help You Track Your Alcohol Intake](#) and [“Rethinking Drinking,”](#) a free online toolkit and interactive worksheets to help you make informed choices about your drinking from the NIH’s National Institute on Alcohol Abuse and Alcoholism

[The Herren Project](#) - Free, [online support groups moderated by trained clinicians via Zoom platform for spouses, families, and parents who care about someone with a substance use disorder.](#)

- They also offer [online grief support groups, moderated by a trained clinician, for those who have lost a loved one to a substance use disorder.](#)

[Partnership for Drug-Free Kids is offering online support](#) for parents and caregivers. Families are facing unprecedented challenges due to circumstances surrounding COVID-19. In response, we invite you to join our free online support groups offered 4 days/week community for parents and caregivers who may have children (even adult children) experimenting with, or dependent on, substances. *Helpline specialists and specially trained parent coaches* will host a series of live online gatherings to share insight and ideas on managing teen and adult children during this unique time. These gatherings are an opportunity to find support and connection along with tangible guidance on addressing substance use in the home, accessing treatment and ensuring continuous care during this crisis.

[Parent Partnership online meetings](#) sponsored by [Be a Part of the Conversation](#), which address substance use, misuse and addiction and its impact on individuals and families.

Get naloxone (aka Narcan) using PA Physician General Rachel Levine’s [standing order](#).

Partnership for Drug-Free Kids

- [Special Considerations when seeking substance use treatment during COVID-19](#)

- [How to use naloxone \(NARCAN\) to reverse opioid overdose and save lives](#)

[“Google, Facebook, Twitter team up to support addiction recovery during pandemic”](#) by Daniel Bukszpan from CNBC, updated April 26 2020. The tech giants have partnered to launch Tech Together, an online platform to offer support to individuals with substance use disorders

[“Addiction Resources during the COVID-19 Pandemic”](#) from Shatterproof- Excellent information and comprehensive resources for maintaining or seeking treatment, recovery support, self-care, supporting a loved one, harm reduction, grief, and resources for veterans

North Carolina LAP’s [“Mental and Emotional Well-Being Tool Kit for People Already In or Seeking Recovery”](#)

[“Session 1- - Fear and Anxiety during these Challenging Times - Recovery Matters”](#) - free video on Vimeo by Dr. Allen Berger, PhD, nationally renowned author and expert on the science of recovery
[“Session Two - Fear and Anxiety During these Challenging Times - Recovery Matters”](#) - free video on Vimeo by Dr. Allen Berger, PhD, nationally renowned author and expert on the science of recovery

[Coronavirus \(COVID-19\) Guidance: Patients Engaged in Substance Use Treatment](#) by Yale Program in Addiction Medicine; guidance for maintaining treatment and recovery during the pandemic

[The Center for Motivation and Change](#) has timely articles and resources regarding substance use treatment and recovery support for individuals and families. It also has a 20' guide on how you may steer a loved one towards treatment with the highest chance of success.

[National Institute on Drug Abuse](#) has an updated webpage offering resources, articles and information on how the pandemic is affecting those actively misusing substances and those in recovery.

[Center on Addiction](#) is a national non-profit committed to supporting the whole family as they address a loved one's substance use. They offer [free services](#) and family support from staff clinicians and specially trained parent coaches.

[“To Those in Recovery: You've Got This!”](#) Written by LCL-PA's Executive Director, Laurie Besden, Esq. Posted on ABA CoLAP's newsletter on March 27, 2020

[The PA Department of Drug and Alcohol Programs COVID-19 Information for Families](#) was created by DDAP to provide links to online/phone/chat room support groups, podcasts, and other [resources available to families of those struggling with a substance use disorder](#)

[Free Hazelden Apps:](#) <https://www.hazeldenbettyford.org/recovery/tools/apps>

- [Twenty Four Hours a Day: Recovery Meditations](#)
- [Field Guide to Life](#)
- [My Sober Life: Young Adult Recovery Support](#)
- [Inspirations: Recovery Meditations](#)

[AA General Serviced Office: COVID 19 Information](#)

Medication Assisted Recovery Anonymous (MARA) – recovery support for those on medication assisted treatment (methadone, buprenorphine, naltrexone Click on [MARA Zoom Meetings](#)

The Daily Pledge - free chat rooms, online meetings, family and individual resources sponsored by Hazelden Betty Ford - [Click Here](#)

Recovery Link – free recovery support during pandemic (meetings, peer support, physical activities) - [Click Here](#)

Connections Smartphone App – free app scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement - [Click Here](#)

- Track your sobriety, access e-therapy to learn new recovery skills,

- Connect with trained counselors and peers through messaging,
- Clinical support available 7 days/week, 9am -10 pm EST
- Track your treatment plan and set reminders, journal daily about your journey,
- And discover helpful videos, testimonials and more through the unique resource library.

WeConnect App - free online support meetings 5x/day, 7 days/week (including meetings for women, LGBTQ+ , and for family and loved ones - [Click Here](#)

Shatterproof- an informational blog for people in recovery during Covid-19 - [Click Here](#)

Recovery Support Resource List

(Thanks to Pro-A for compiling most of this list. www.pro-a.org)

Alcoholics Anonymous (aa.org) – Online, in-person, phone and virtual platform 12-step based support meetings available [here](#)

Al-Anon (al-anon.org) - Online, phone, virtual, chat, email, IM and other formats available; support meetings for loved ones of individuals with substance use disorder link [here](#)

Chronic Pain Anonymous (chronicpainanonymous.org) - face to face, video, online & phone formats available [here](#)

Cocaine Anonymous (ca.org)– Online support meetings [here](#); All format meeting lists by state found [here](#)

In the Rooms (intherooms.com) - Online Addiction Recovery Meetings - In The Rooms with a simple goal in mind: to give recovering addicts a place to meet and socialize when they're not in face-to-face meetings. A global online community with over 500,000 members who share their strength and experience with one another daily. Through live meetings, discussion groups, and all the other tools In the Rooms. Click [here](#) for meetings list and info.

LifeRing (lifering.org) – Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. Face to face, online, email groups and other meeting and support formats are available [here](#)

Marijuana Anonymous (marijuana-anonymous.org) All format meeting links [here](#)

Narcotics Anonymous (na.org)– All meeting format options can be found [here](#)

The Phoenix – Recovery Community Organization offering live stream and in-person Crossfit, Yoga and Meditation daily Link [here](#)

Recovery Dharma (recoverydharma.org) - Offers online and in person support meetings using buddhist-based philosophy, practices and principles. Link [here](#)

Reddit Recovery (r/recovery) – Redditors in recovery to hang out, share experiences, and support each other. Discuss the various ways to achieve and maintain a life free from active addiction or any other issue. Link [here](#)

Refuge Recovery (refugerecovery.org)– Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. TLink to online support [here](#); click [here](#) for local in person meetings.

SMART Recovery (smartrecovery.org) – Self-Management And Recovery Training (SMART) is a global community of science-based addiction recovery mutual-support groups. They offer in person and online support group and forums including a chat room and message board. Click [here](#) for online meetings and [here](#) for in-person.

Sobergrid (sobergrid.com) – Accessible mobile platform (free app w/ fee for service recovery coaching available) to connect you to other sober people globally to build a support network. Each free download, post, and connection create an opportunity to stay sober while helping others do the same. Link [here](#).

Soberistas (soberistas.com) – International Online Recovery Community (requires membership fee) online-only community is worldwide, which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other kick the booze and stay sober.

Sober Recovery (soberrecovery.com) - The forums, blogs and chat rooms of Sober Recovery are a great place for people with substance use disorder to find assistance and helpful information. The community has more than 175,000 people who are recovering from substance use disorder and/or codependence, as well as their friends and family. (Note that the facilities promoted on the site have paid for advertising.) Link [here](#).

We Connect Recovery - Online recovery support groups are available daily. They are open to anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns. Everyone is welcome no matter your pathway to recovery or recovery status. Link [here](#).

PRO-A Online and Virtual Family Recovery Support Resource List

Adult Children of Alcoholics – Program of men and women who grew up in dysfunctional homes that provides a safe, non-judgmental environment with online, telephone, and audio support. [Link Here](#)

Al-Anon Electronic Meetings – Offers online hope to anyone who is affected by alcoholism in a family member or friend through their online intergroup. [Link Here](#)

Alateen – Offers support for young people who have been impacted by another's alcohol use. [Link Here](#)

Center for Disease Control:

- **Helping Children Cope with Emergencies:** Tips for helping children coping with disaster. [Link Here](#)
- **Managing Anxiety and Stress:** Resource page and suggestions for dealing with COVID-19. [Link Here](#)
- **Taking Care of Your Emotional Health:** Resource for emotional health needs. [Link Here](#)

CoDependent Anonymous – CODA has online and phone meetings across the globe. [Link Here](#)

Families Anonymous – FA is a 12-step fellowship for the family and friends of those individuals with alcohol or substance use or related behavioral issues. Group chat, online and phone meetings available. [Link Here](#)

Gam-Anon – Serving the community of individuals who have been affected by the gambling problem of a loved one. [Link Here](#) Hotline number: 718-352-1671.

National Suicide Prevention Lifeline: 1-800-273-TALK (24/7).

Nar-Anon – Offers support primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to them or loved ones with a substance use disorder. [Link Here](#)

Parents of Addicted Loved Ones – PAL is a Christian-run, non-profit group in support of parents with a child with a substance use disorder. Online Meetings available. [Link Here](#)

Pennsylvania Department of Drug and Alcohol Programs – COVID 19 Information page providing access to treatment in response to COVID-19 mitigation. [Link Here](#)

Pennsylvania Recovery Organizations-Alliance – PRO-A works to educate, mobilize, and advocate for individuals with substance use disorders as well as family members and loved ones. Additional resources available. [Link Here](#)

SMART Recovery Family and Friends - A Family & Friends message board forum and live chat room for additional support are available. [Link Here](#)

Substance Abuse and Mental Health Services Administration:

- **Guide:** Helping a Loved One Dealing with Mental/and or Substance Use Disorders. [Link Here](#)
- **National Helpline for Treatment** (Mental and/or Substance Use Disorders) 1-800-662-HELP (24/7).
- **Tips for Social Distancing, Quarantine, and Isolation** During an Infectious Disease Outbreak [Link Here](#)
- **Disaster Distress Hotline:** 1-800-985-5990, or Text *TalkWithUs* to 66746.
- **Virtual Recovery Resources** "Tips and resources for those with a mental/SUD". [Link Here](#)

BIPOC MENTAL HEALTH MONTH 2020 OUTREACH TOOLKIT



#IMPACTOFTRAUMA



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[i](#) @mentalhealthamerica
[p](#) /mentalhealtham
[You Tube](#) /mentalhealthamerica
www.mhanational.org

INTRODUCTION

Bebe Moore Campbell was a best-selling author and journalist. Her mental health advocacy earned her the posthumous honor of July being designated by the U.S. House of Representatives as “Bebe Moore Campbell National Minority Mental Health Awareness Month” in 2008.

Mental Health America (MHA) has honored Ms. Moore Campbell’s memory each year by dedicating a mental health toolkit in July to the mental health needs of traditionally underserved and underrepresented populations. In our work, we have tried both to elevate voices in these communities and to improve understanding of the mental health challenges they face.

In recent weeks, our country has awakened to the longstanding effects of racism and bigotry, including the effects on mental health. This includes the racism and bigotry that have been built into systems of care, services, and supports that often went unchecked and unmentioned.

That systemic racism and bigotry have had terrible consequences for so many people. As the Brookings Center has reported, Black, Indigenous, and Latinx people in the United States have all experienced higher infection and death rates from COVID-19. At MHA, we have also documented greater mental health impacts on people who identify as Asian or Pacific Islander or of mixed race.

The same has been true for a long time for people who identify as LGBTQ+.

And so, for this July MHA has developed content that is both timely and hopefully evergreen. We have included: links to updated information on our website; lists of resources specifically for Black, Indigenous People of Color (BIPOC) and LGBTQ+ communities; handouts on racism and mental health and racial trauma; an infographic built from MHA screening data on BIPOC and LGBTQ+ mental health; and more - including a Call to Action for people to share how discrimination and/or racism have affected their mental health, using the hashtag #ImpactofTrauma.

And because people and language evolve, we have chosen to remove the word “minority” from our toolkit and will be phasing it out on our materials. Instead, we are using a different designation – BIPOC – that we believe more fairly honors and distinguishes the experiences of Blacks, Indigenous People, and People of Color.

We welcome your feedback.



Paul Gionfriddo
President & CEO, Mental Health America

#IMPACTOFTRAUMA

If you've ever watched an older adult in your life do something you consider strange, there is often a reason for the way they are acting. For example, maybe one's grandparent doesn't trust banks and keeps cash on hand instead of using credit. If your grandparents grew up in the 1920s in the U.S., they lived through the Great Depression. This major event made a profound impact on their lives, and the effects last until this day. Maybe even in the way they raised their children.

When people hear the word "trauma," they often think of a frightening event or a horrible disaster happening to someone. Sexual assault, exposure to violence or war, accidents, and natural disasters are some major events that can traumatize people.

Immediately after the event, shock and denial are typical. Longer-term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea.¹ While these feelings are normal, some people have difficulty moving on with their lives.

People can carry trauma throughout generations due to historical adversities, violence, and oppression. Sometimes, our daily lives are influenced by trauma that we aren't even aware of. Trauma is a deeply distressing or disturbing experience, and those who identify as BIPOC - especially queer and trans people - can often recount tales of actions, words, and events that have made a deep impact on the way they live, speak, and think.

For us to understand the impacts of trauma, we have to use an [intersectional lens](#) that helps us look beyond one experience, but think about historical factors, systems and more that influence our thinking and emotional wellbeing.

MHA wants to create an opportunity where people can listen and learn from each other about why it's important to talk about racism and mental health and how it's affected them.

Share how racism has affected your mental health with the hashtag #ImpactOfTrauma and show others how you are resilient. Whether it's a text post, a piece of art, or a video, tell your story so that we can amplify it.

Tag MHA on Facebook (@mentalhealthamerica), Twitter (@MentalHealthAm), or Instagram (@mentalhealthamerica) so that we can share your story.

Sources

¹ American Psychological Association. Trauma. <https://www.apa.org/topics/trauma/>

RESOURCES FROM MHA

Mental Health America has the following pages dedicated to the BIPOC and LGBTQ+ communities on its website and welcomes you to use and share this information in whatever way best suits your needs.

GENERAL

www.mhanational.org/bipoc-mental-health
www.mhanational.org/infographic-bipoc-mental-health
www.mhanational.org/issues/healthcare-disparities-among-black-indigenous-and-people-color
www.mhanational.org/bipoc-communities-and-covid-19
www.mhanational.org/racial-trauma
www.mhanational.org/racism-and-mental-health

BLACK AND AFRICAN AMERICAN COMMUNITIES

www.mhanational.org/issues/black-african-american-communities-and-mental-health
www.mhanational.org/black-pioneers-mental-health
www.mhanational.org/bipolar-disorder-and-black-americans
www.mhanational.org/depression-black-americans

LATINX/HISPANIC COMMUNITIES

www.mhanational.org/issues/latinxhispanic-communities-and-mental-health

A complete list of Spanish language materials can be found at:

www.mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol

ASIAN AMERICAN/PACIFIC ISLANDER COMMUNITIES

www.mhanational.org/issues/asian-american-pacific-islander-communities-and-mental-health

NATIVE AND INDIGENOUS COMMUNITIES

www.mhanational.org/issues/native-and-indigenous-communities-and-mental-health

LGBTQ+ COMMUNITIES

www.mhanational.org/issues/lgbtq-communities-and-mental-health
www.mhanational.org/bullying-lgbt-youth

SCREENING

MHA's has 10+ screening tools available in English and provides screens for depression and anxiety in Spanish at mhascreening.org. Screening is a free, anonymous, and confidential way to determine if a person is experiencing symptoms of a mental health condition and results can be used to start a conversation with friends, family members, or health care professionals.

TOOLS 2 THRIVE

MHA's Tools 2 Thrive materials provide practical tools (tips and worksheets) that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with.

Downloadable Tools2Thrive toolkit in English: www.mhanational.org/2020toolkit

Downloadable Spanish language versions of Tools2Thrive (Herramientas Para Prosperar) materials:

www.mhanational.org/get-involved/descarga-herramientas-para-prosperar-en-espanol

OTHER RESOURCES AND TOOLS

BLACK AND AFRICAN AMERICAN COMMUNITIES

[Black Emotional and Mental Health \(BEAM\)](#): BEAM is a training, movement building and grant making organization dedicated to the healing, wellness, and liberation of Black communities. BEAM envisions a world where there are no barriers to Black Healing.

[The Boris Lawrence Henson Foundation](#): This organization is working to change the perception of mental illness in the African-American community by encouraging people to get the help they need; focuses on stigma/self-stigma reduction and building trust between Black people and the mental health field. See their [directory](#) of mental health providers and programs that serve the Black community.

[The Loveland Foundation](#): This foundation provides financial assistance to Black women & girls seeking therapy.

[Therapy for Black Girls](#): This is an online space encouraging the mental wellness of Black women and girls; has [referral tool](#) to find a therapist in your area.

[Therapy for Black Men](#): Primarily a [therapist directory](#) for Black men seeking therapy; website includes resources and stories.

[Dr. Ebony's My Therapy Cards](#): A self-exploration card deck created by a Black female psychologist for other women of color, created with the intention of helping other women of color grow and elevate in the areas of emotional and mental health.

LATINX/HISPANIC COMMUNITIES

[Therapy for Latinx](#): A national mental health resource for the Latinx community; provides resources for Latinx community to heal, thrive, and become advocates for their own mental health. Also includes a therapist directory.

[Latinx Therapy](#): An organization working to break the stigma of mental health related to the Latinx community; learn self-help techniques, how to support self & others.

[The Focus on You](#): Self-care, mental health, and an inspirational blog run by a Latina therapist.

ASIAN AMERICAN/PACIFIC ISLANDER COMMUNITIES

[Asian American Psychological Association \(AAPA\)](#): An organization dedicated to advancing the mental health and wellbeing of Asian American communities through research, professional practice, education, and policy.

[Asian & Pacific Islander American Health Forum](#): Focused on improving the health of Asian Americans, Native Hawaiians, and Pacific Islanders. Sign up for a weekly digital "community care package" which includes inspirational stories, resources in a variety of languages, tools for adjusting and managing mental health, and a platform to share your story/connect with others.

[Asian American Health Initiative](#): An organization responding to the health needs of Asian Americans. Resources are provided in 5 different languages on a variety of topics.

(Continued on next page)

NATIVE AND INDIGENOUS COMMUNITIES

[Indigenous Story Studio](#): A Canadian organization that creates illustrations, posters, videos, and comic books on health and social issues for youth.

[One Sky Center - The American Indian/Alaska Native National Resource Center for Health, Education, and Research](#): This group is working to improve prevention and treatment of mental health and substance use problems and services among Native people. There are a number of [downloadable resources](#), of particular note is their [Guide to Suicide Prevention](#).

[WeRNative](#): A comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and the nation at large

LGBTQ+ COMMUNITIES

[The Trevor Project](#): The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25, including the [TrevorLifeline](#), which provides 24/7 support via phone, text, or online instant messaging

[National Queer and Trans Therapists of Color Network](#): A healing justice organization committed to transforming mental health for queer & trans people of color (QTPoC). Of note, they have a [Mental Health Fund for Queer and Trans People of Color](#) and a [Mental Health Practitioner Directory](#).

[Gay, Lesbian, and Straight Education Network \(GLSEN\)](#): A national network of educators, students, and local chapters working to give students a safe, supportive, and LGBTQ+ inclusive education. See their [resources for educators](#) and [resources for students](#) (to create change in their own schools).

[Human Rights Campaign](#): America's largest civil rights organization working to achieve LGBTQ equality. Their website has a wealth of information and resources for the LGBTQ+ community and their allies. [Resources](#) are organized by topic – including content on individual identities, communities of color, workplace, and more.



RACISM AND MENTAL HEALTH

People of color and all those whose lives have been marginalized by those in power experience life differently from those whose lives have not been devalued. They experience overt racism and bigotry far too often, which leads to a mental health burden that is deeper than what others may face.

Racism is a mental health issue because racism causes trauma. And trauma paints a direct line to mental illnesses, which need to be taken seriously.

Past trauma is prominently mentioned as the reason that people experience serious mental health conditions today.¹ But obvious forms of racism and bigotry are just the tip of the iceberg when it comes to racial trauma.

Every day, people of color experience far more subtle traumas:

- People who avoid them and their neighborhoods out of ignorance and fear;
- Banks and credit companies who won't lend them money or do so only at higher interest rates;
- Mass incarceration of their peers;
- School curricula that ignore or minimize their contributions to our shared history; and
- Racial profiling.

KEY TERMS²

Racism is a broad term describing the combination of race-based prejudice and power. Without the power differential (one person/group/institution has more power than another), "racism" is just prejudice and carries less weight and fewer consequences.

Oppression is the use of power (by a system/institution/group/individual) to dominate over another OR the refusal of a system/institution/group/individual who possesses this power to challenge that domination.

Systemic/Structural racism has three components: history, culture, and institutions/policy. Historical racism provides the framework for current racism. Any structure built on a foundation (history) of racism will be a racist structure. Culture, which is ever present in our day to day lives is what allows racism to be accepted, normalized, and perpetuated. Institutions and policies make up the fundamental relationships and rules across society, which reinforces racism and give it societal legitimacy (which makes it so hard to dismantle).

Institutional racism occurs within and between institutions. Institutional racism is discriminatory treatment, unfair policies and inequitable opportunities and impacts, based on race, produced and perpetuated by institutions (schools, mass media, etc.). Individuals within institutions take on the power of the institution when they act in ways that advantage and disadvantage people, based on race.

Internalized racism is when racism and white supremacy affect the minds of Black, Indigenous and People of Color (BIPOC) to the point where they begin to believe that they are inferior because of their own race. This can sometimes lead to "inter-racial hostility" in which BIPOC treat other BIPOC in a way that mirrors how white racists might treat them. Another way internalized racism can manifest is by BIPOC accepting and internalizing Eurocentric ideals and values.

Interpersonal racism is racism that happens between people when someone's individual beliefs or prejudices become actions toward others.

"Reverse Racism" (this term is in quotes to emphasize that it's a made-up term that shouldn't carry any actual value) is a term created by and for white people who want to perpetuate racism by denying their privilege in all its forms and by claiming that fighting to improve the lives of BIPOC is somehow "racist" against white people. MHA considers this term invalid because racism in any form depends on the presence of a power differential. White people have historically always fallen on the powerful side rather than the powerless side. Reverse racism is therefore impossible, as long as we live in a society that perpetuates white supremacy.

Racial trauma is the traumatization that results from experiencing racism in any of its many forms. Importantly, this doesn't have to be one major isolated event, but rather it can result from an accumulation of experiences like daily subtle acts of discrimination or microaggressions.

RACISM IN MENTAL HEALTH SERVICES

Misdiagnosis of schizophrenia: When treating Black/African American clients, clinicians tend to overemphasize the relevance of psychotic symptoms and overlook symptoms of major depression compared to when they are treating clients with other racial or ethnic backgrounds.³ For this reason, Black men in particular are greatly over-diagnosed with schizophrenia—they are four times more likely to be diagnosed with schizophrenia than their white male counterparts.⁴ Furthermore, Black people in general are significantly more likely to be diagnosed with schizophrenia alone when a mood disorder is also present than white people. Schizophrenia is a disorder that (by definition) must be diagnosed by exclusion, meaning that the symptoms of it can't be explained by another psychiatric disorder (like a mood disorder). Therefore, the fact that Black people end up with schizophrenia diagnoses without a mood disorder diagnosis despite the clinical presence of a mood disorder means that these symptoms are being ignored, and explains in large part why the diagnosis rate of schizophrenia is so much higher in Black populations than white.³

BIPOC Youth: BIPOC youth with behavioral and mental health conditions are more likely to be directed to the juvenile justice system than to specialty care institutions compared to non-Latinx white youth. This is likely because BIPOC youth are much more likely to end up in the juvenile justice system as a result of higher rates of harsh disciplinary suspension and expulsion practices against BIPOC youth in schools compared to white youth.⁵

RACISM AND INDIVIDUAL MENTAL HEALTH

Depression is the most commonly reported condition across BIPOC.⁶ Additionally, racial trauma can increase the risk of BIPOC meeting the criteria for PTSD. Importantly, stress plays a crucial role in how racism affects both physical and mental health. Stress hormones are released during stressful situations and research has shown that both the experience of and the observation of racial discrimination is stressful for children and adults who identify as BIPOC. Frequent presence of these stress hormones can lead to physical conditions like high blood pressure and heart disease, as well as mental health conditions like depression, anxiety and overall poor health outcomes. Discrimination is typically something that occurs frequently and as a result, creates a sustained level of stress and stress hormones in those who are the most likely to experience this discrimination (BIPOC).⁷

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QUICK FACTS

- Although rates of mental illness in some BIPOC populations are sometimes comparable or slightly lower than the rates in the white population, BIPOC often experience a disproportionately high burden of disability from mental disorders.⁵
- Black adults are 20 percent more likely to report serious psychological distress than adult Whites.⁸
- Although rates of depression are lower in Black people (24.6 percent) and Hispanic people (19.6 percent) than in White people (34.7 percent), depression in Blacks and Hispanics is likely to be more persistent.⁵
- People who identify as being two or more races (24.9 percent) are most likely to report any mental illness within the past year than any other race/ethnic group.⁵
- Native and Indigenous Americans report higher rates of post-traumatic stress disorder and alcohol dependence than any other ethnic/racial group.⁵
- Mental and behavioral health conditions are common among people in the criminal justice system, in which BIPOC are disproportionately overrepresented. Approximately 50 percent to 75 percent of youth in the juvenile justice system meet the diagnostic criteria for a mental illness.⁵
- Cultural incompetence of health care providers likely contributes to underdiagnosis and/or misdiagnosis of mental illness in BIPOC. Language differences between patient and provider, stigma of mental illness among BIPOC, and cultural presentation of symptoms are some of the many barriers to care that explain these errors in the diagnostic process.⁴
- One study found that physicians were 23 percent more verbally dominant and engaged in 33 percent less patient-centered communication with Black patients than with White patients.⁵
- Compared with White people with the same symptoms, Black people are more frequently diagnosed with schizophrenia and less frequently diagnosed with mood disorders.⁶
- Native and Indigenous American adults have the highest reported rate of mental illnesses of any single race identifying group.⁵





RACIAL TRAUMA

Racial trauma, or race-based traumatic stress (RBTS), refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes.¹ Any individual that has experienced an emotionally painful, sudden, and uncontrollable racist encounter is at risk of suffering from a race-based traumatic stress injury.² In the U.S., Black, Indigenous People of Color (BIPOC) are most vulnerable due to living under a system of white supremacy.

Experiences of race-based discrimination can have detrimental psychological impacts on individuals and their wider communities. In some individuals, prolonged incidents of racism can lead to symptoms like those experienced with post-traumatic stress disorder (PTSD).² This can look like depression, anger, recurring thoughts of the event, physical reactions (e.g. headaches, chest pains, insomnia), hypervigilance, low-self-esteem, and mentally distancing from the traumatic events.³ Some or all of these symptoms may be present in someone with RBTS and symptoms can look different across different cultural groups. It is important to note that unlike PTSD, RBTS is **not** considered a mental health disorder. RBTS is a mental **injury** that can occur as the result of living within a racist system or experiencing events of racism.³

Racialized trauma can come directly from other people or can be experienced within a wider system. It can come as the result of a direct experience where racism is enacted on you, vicariously - such as where you see videos of other people facing racism - and/or transmitted intergenerationally.¹ *Trigger Warning: The following includes discussions of abuse, assault, and violence.*

EXAMPLES OF INDIVIDUAL RACISM

Following the COVID-19 outbreak in the U.S., there were nearly 1,500 reported incidents of anti-Asian racism in just one month. Reports included incidents of physical and verbal attacks as well as reports of anti-Asian discrimination in private businesses.⁴

In 2018, 38 percent of Latinx people were verbally attacked for speaking Spanish, were told to “go back to their countries,” called a racial slur, and/or treated unfairly by others.⁵

Over the course of one year, Twitter saw 4.2 million anti-Semitic tweets in just the English language alone. These tweets included anti-Semitic stereotypes, promotion of anti-Semitic personality or media, symbols, slurs, or anti-Semitic conspiracy theories including Holocaust denial.⁶

EXAMPLES OF SYSTEMIC RACISM

Black people make up 12 percent of the country’s population but make up around 33 percent of the total prison population.⁷ This overrepresentation reflects racist arrests and policing as well as racist sentencing practices in the criminal justice system.

Previous and current policies of racial displacement, exclusion, and segregation have left all BIPOC less likely than whites to own their homes regardless of level of education, income, location, marital status, and age.⁸

The erasure of Asian Pacific Islanders (APIs) in the “Asian or Pacific Islander” category by U.S. Census data severely restricts access to opportunities in these communities by concealing the unique barriers faced by APIs that are not faced by East or South Asian communities.⁹

Historical occupation segregation has made Black people less likely than Whites to hold jobs that offer retirement savings which are prioritized by the U.S. tax code. This helps create a persistent wealth gap between White and Black communities where the median savings of Black people are on average just 21.4 percent of the median savings of White people.¹⁰

Lack of cultural competency in therapy training, financial incentives, and geographical isolation have created barriers in providing appropriate mental health resources in Native American communities. Rates of suicide in Native communities are 3.5x higher than racial/ethnic groups with the lowest rates of suicide.¹¹

TYPES OF TRAUMATIC STRESSORS

DIRECT TRAUMATIC STRESSORS

Direct traumatic stressors include all direct traumatic impacts of living within a society of structural racism or being on the receiving end of individual racist attacks. A person experiencing a direct traumatic stressor may be heavily policed, or they may face barriers to home ownership due to inequitable policies. Additionally, a person experiencing a direct traumatic stressor may be the victim of individual physical and verbal attacks or may face other microaggressions.

VICARIOUS TRAUMATIC STRESSORS

Vicarious traumatic stressors are the indirect traumatic impacts of living with systemic racism and individual racist actions. Vicarious traumatic stressors can have an equally detrimental impact on BIPOC's mental health as direct traumatic stressors.

For example, viewing videos of brutal police killings of Black people, such as the video associated with the murder of George Floyd, can cause traumatic stress reactions in the people who view them - especially in Black people.¹²

Of Latinx youth that immigrate to the U.S., two-thirds report experiencing one traumatic event with the most common traumatic event reported during and post migration being witnessing a violent event or physical assault.¹³

Many Native American children are vicariously traumatized by the high rates of societal homicide, suicide, and unintentional injury experienced in these communities.¹⁴

TRANSMITTED STRESSORS

Transmitted traumatic stressors refer to the traumatic stressors that are transferred from one generation to the next. These stressors can come from historically racist sources or may be personal traumas passed down through families and communities.

The chattel enslavement of Africans in the U.S. and other countries continues to serve as a source of traumatic stress for Black people today. In fact, this sustained collective trauma makes Black people highly vulnerable to developing mental health disorders.¹⁵

The descendants of Holocaust survivors display an increased vulnerability to developing psychological disturbances in addition to stressors related to Holocaust loss. This vulnerability is in direct relationship to the negative life experience of the previous generation.¹⁶

Historical trauma shared by Native Americans including boarding schools, massacres and forced violent removal from their tribal lands represents a severe communal loss and source of traumatic stress. Native Americans today continue to experience symptoms of depression, substance dependence, diabetes, and unemployment due to the psychological impact of the trauma.¹⁷

HOW CAN YOU PREVENT RBTS?

Often the most immediate recourse for healing RBTS is through self-care. Taking steps to proactively care for your mind, body, and spiritual self can serve as a protective measure and an act of resistance against racialized traumatic stressors. Find tools at www.mhanational.org/racial-trauma.

HOW DO YOU KNOW YOU HAVE RBTS?

If you identify as a BIPOC and have experienced racism, you may be able to self-assess for many of the symptoms of RBTS. Formal diagnosis of RBTS requires assessment by a qualified mental health professional.

If you believe you may be suffering from race-based traumatic stress injury, it is important to seek therapy from a multicultural or racial trauma-informed therapist. These therapists work to create an open, culturally affirming, empowered space for you to heal from racialized trauma in all its various forms. Find a list of directories for specialized providers at: www.mhanational.org/racial-trauma.

HOW CAN YOU HELP YOUR COMMUNITY HEAL FROM RBTS?

A part of self-care for many individuals includes relational care because healing from racial trauma does not happen in a vacuum. There are restorative tools and resources available that you can bring to your communities.

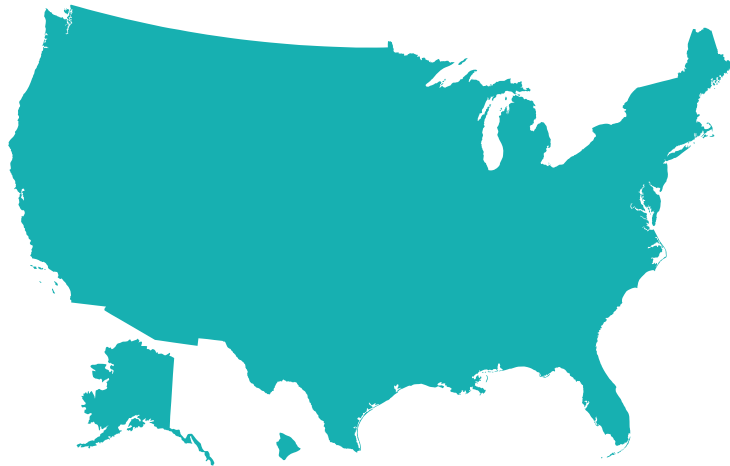
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BIPOC AND LGBTQ+ MENTAL HEALTH

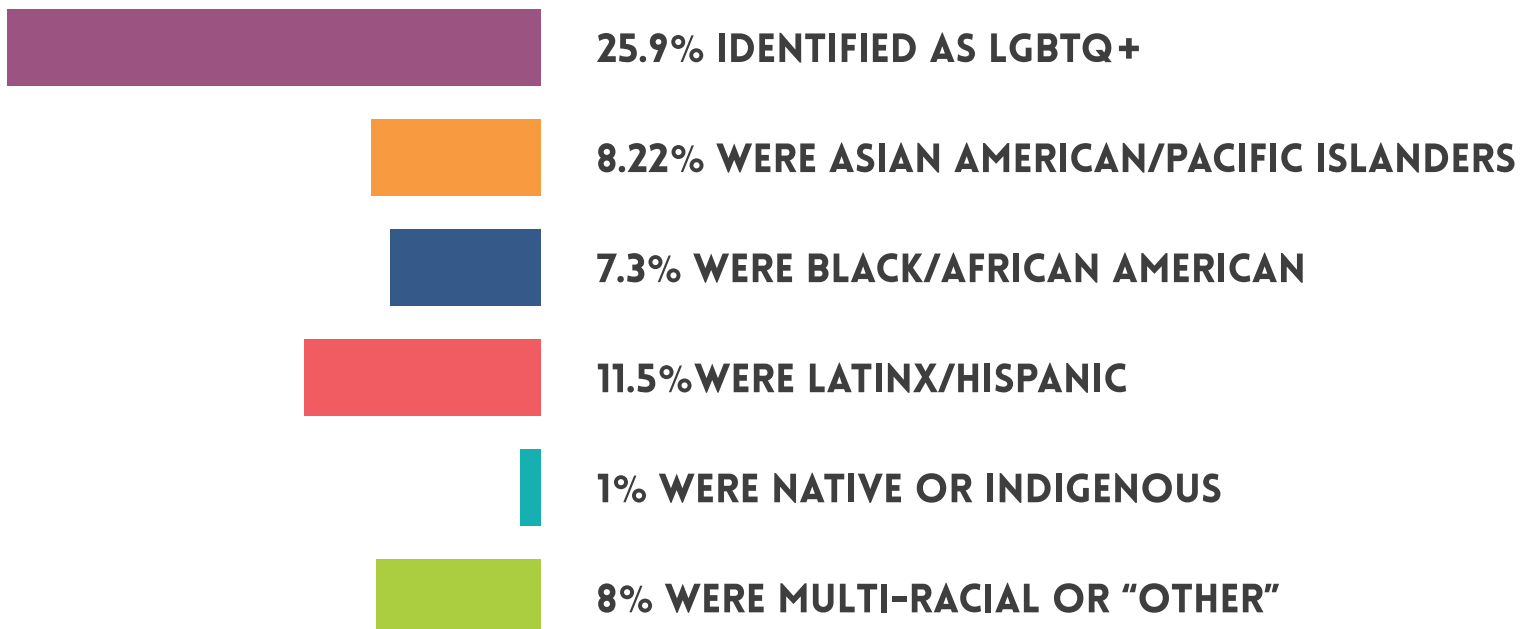


41.8%
OF THE U.S. POPULATION
ARE PEOPLE OF COLOR
AND
13.5%
WERE BORN IN A
DIFFERENT COUNTRY¹

4.5% OF THE U.S. POPULATION IDENTIFIES AS LGBTQ+²

SINCE 2014, OVER 5 MILLION PEOPLE HAVE TAKEN A
MENTAL HEALTH SCREEN AT [MHASCREENING.ORG](https://mhascreening.org).

OF THOSE WHO SHARED PERSONAL INFORMATION:



HIGHER RISK



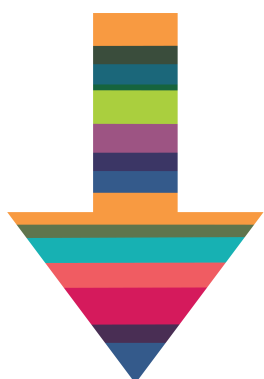
LGBTQ+ PEOPLE WERE MORE LIKELY THAN NON-LGBTQ+ PEOPLE TO SCREEN POSITIVE OR AT-RISK ACROSS ALL SCREENS.

AMONG BIPOC SCREENERS:

MULTIRACIAL PEOPLE WERE THE MOST LIKELY TO SCREEN POSITIVE OR AT-RISK FOR ALCOHOL/SUBSTANCE USE DISORDERS, ANXIETY, DEPRESSION, EATING DISORDERS, AND PSYCHOSIS.

NATIVE AND INDIGENOUS PEOPLE WERE THE MOST LIKELY TO SCREEN POSITIVE OR AT-RISK FOR BIPOLAR DISORDER AND PTSD.

LOWER RISK



BLACK/AFRICAN AMERICAN PEOPLE WERE SLIGHTLY LESS LIKELY TO SCREEN POSITIVE OR AT-RISK FOR ALCOHOL/SUBSTANCE USE DISORDERS, ANXIETY, DEPRESSION, EATING DISORDERS, AND PSYCHOSIS.

ASIAN AMERICAN/PACIFIC ISLANDERS WERE SLIGHTLY LESS LIKELY TO SCREEN POSITIVE OR AT-RISK FOR BIPOLAR DISORDER AND PTSD.

SCREENING IS A FREE, ANONYMOUS, AND CONFIDENTIAL WAY TO DETERMINE IF A PERSON IS EXPERIENCING SYMPTOMS OF A MENTAL HEALTH CONDITION. RESULTS CAN BE USED TO START A CONVERSATION ABOUT YOUR MENTAL HEALTH. VISIT [MHASCREENING.ORG](https://mhascreening.org) TO GET STARTED.



Sources

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FACE COVID



How to respond effectively to the Corona crisis

by Dr Russ Harris, author of The Happiness Trap

‘FACE COVID’ is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). Here’s a quick summary of the key steps, and in the pages that follow we’ll explore them all in more depth:

F = Focus on what’s in your control

A = Acknowledge your thoughts & feelings

C = Come back into your body

E = Engage in what you’re doing

C = Committed action

O = Opening up

V = Values

I = Identify resources

D = Disinfect & distance

Let’s now explore these, one by one....



F = FOCUS ON WHAT'S IN YOUR CONTROL

The Corona crisis can affect us in many different ways: physically, emotionally, economically, socially, and psychologically. All of us are (or soon will be) dealing with the very real challenges of widespread serious illness and the inabilities of healthcare systems to cope with it, social and community disruption, economic fallout and financial problems, obstacles and interruptions to many aspects of life ... and the list goes on.

And when we are facing a crisis of any sort, fear and anxiety are inevitable; they are normal, natural responses to challenging situations infused with danger and uncertainty. It's all too easy to get lost in worrying and ruminating about all sorts of things that are out of your control: what might happen in the future; how the virus might affect you or your loved ones or your community or your country or the world – and what will happen then – and so on. And while it's completely natural for us to get lost in such worries, it's not useful or helpful. Indeed the more we focus on what's not in our control, the more hopeless or anxious we're likely to feel. So the single most useful thing anyone can do in any type of crisis – Corona-related or otherwise – is to: **focus on what's in your control.**

You can't control what happens in the future. You can't control Corona virus itself or the world economy or how your government manages this whole sordid mess. And you can't magically control your feelings, eliminating all that perfectly natural fear and anxiety. But you can control what you do – here and now. And that matters.



Because what you do - here and now - can make a huge difference to yourself, and anyone living with you, and a significant difference to the community around you. The reality is, we all have far more control over our behaviour, than we do over our thoughts and feelings. So our number one aim is to take control of our behaviour - right here and now - to respond effectively to this crisis.

This involves both dealing with our inner world – all our difficult thoughts and feelings - and our outer world – all the real problems we are facing. How do we do this? Well, when a big storm blows up, the boats in the harbour drop anchor – because if they don't, they'll get swept out to sea. And of course, dropping anchor doesn't make the storm go away (anchors can't control the weather) - but it can hold a boat steady in the harbour, until the storm passes in its own good time.

Similarly, in an ongoing crisis, we're all going to experience 'emotional storms': unhelpful thoughts spinning inside our head, and painful feelings whirling around our body. And if we're swept away by that storm inside us, there's nothing effective we can do. So the first practical step is to 'drop anchor', using the simple ACE formula:

A = Acknowledge your thoughts and feelings

C = Come back into your body

E = Engage in what you're doing

Let's explore these one by one:



A = ACKNOWLEDGE YOUR THOUGHTS AND FEELINGS

Silently and kindly acknowledge whatever is ‘showing up’ inside you: thoughts, feelings, emotions, memories, sensation, urges. Take the stance of a curious scientist, observing what’s going on in your inner world. As you do this, often it’s helpful to put this into words, and silently say to yourself something like, ‘I’m noticing anxiety’, or ‘Here’s grief’, or ‘There’s my mind worrying’ or ‘I’m having a feeling of sadness’ or ‘I’m having thoughts about getting sick’.

And while continuing to acknowledge your thoughts and feelings, also



C = COME BACK INTO YOUR BODY

Come back into and connect with your physical body. Find your own way of doing this. You could try some or all of the following, or find your own methods:

- Slowly pushing your feet hard into the floor.
- Slowly straightening up your back and spine; if sitting, sitting upright and forward in your chair.
- Slowly pressing your fingertips together
- Slowly stretching your arms or neck, shrugging your shoulders.
- Slowly breathing

Note: you are not trying to turn away from, escape, avoid or distract yourself from what is happening in your inner world. The aim is to remain aware of your thoughts and feelings, continue to acknowledge their presence and at the onnect with your body, and actively move it. Why? So you can gain as much control as possible over your physical actions, even though you can't control your feelings. (Remember, F = Focus on what's in your control)

And as you acknowledge your thoughts & feelings, and come back into your body, also



E = ENGAGE IN WHAT YOU'RE DOING

Get a sense of where you are and refocus your attention on the activity you are doing. Find your own way of doing this. You could try some or all of the following suggestions, or find your own methods:

- Look around the room and notice 5 things you can see.
- Notice 3 or 4 things you can hear.
- Notice what you can smell or taste or sense in your nose and mouth
- Notice what you are doing
- End the exercise by giving your full attention to the task or activity at hand. (And if you don't have any meaningful activity to do, see the next 3 steps.)

Ideally, run through the ACE cycle slowly 3 or 4 times, to turn it into a 2- 3 minute exercise.

If you wish, to help you get the hang of this, you can download some free audio recordings of 'dropping anchor' exercises, varying from 1 minute to 11 minutes in length. You can listen to these and use them as a guide to help you develop this skill. You can download or stream them from the left hand box on this webpage:

<https://www.actmindfully.com.au/free-stuff/free-audio/>



NOTE: please don't skip the A of ACE; it's so important to keep acknowledging the thoughts and feelings present, especially if they are difficult or uncomfortable. If you skip the A, this exercise will turn into a distraction technique – which it's not supposed to be.

Dropping anchor is a very useful skill. You can use it for handling difficult thoughts, feelings, emotions, memories, urges and sensations more effectively; switching off auto-pilot and engaging in life; grounding and steadying yourself in difficult situations; disrupting rumination, obsessing and worrying; and focusing your attention on the task or activity you are doing. The better you anchor yourself in the here and now, the more control you have over your actions – which makes it a lot easier to do the next steps:

COVID



C = COMMITTED ACTION

Committed action means effective action, guided by your core values; action you take because it's truly important to you; action you take even if it brings up difficult thoughts and feelings. Once you have dropped anchor, using the ACE formula, you will have a lot of control over your actions – so this makes it easier to do the things that truly matter.

Now obviously that includes all those protective measures against Corona – frequent handwashing, social distancing, and so on. But in addition to those fundamentals of effective action, consider: What are simple ways to look after yourself, those you live with, and those you can realistically help? What kind, caring, supportive deeds you can do? Can you say some kind words to someone in distress – in person or via a phone call or text message? Can you help someone out with a task or a chore, or cook a meal, or hold someone's hand, or play a game with a young child? Can you comfort and soothe someone who is sick? Or in the most serious of cases, nurse them and access whatever medical assistance is available?

And if you're spending a lot more time at home, through self-isolation or forced quarantine, or social distancing, what are the most effective ways to spend that time? You may want to consider physical exercise to stay fit, cooking (as) healthy food (as possible, given restrictions), and doing meaningful activities by yourself or with others. And if you're familiar with acceptance and commitment therapy or other mindfulness-based approaches, how can you actively practice some of those mindfulness skills? Repeatedly throughout the day, ask yourself 'What can I do right now - no matter how small it may be - that improves life for myself or others I live with, or people in my community?' And whatever the answer is – do it, and engage in it fully.



O = OPENING UP

Opening up means making room for difficult feelings and being kind to yourself. Difficult feelings are guaranteed to keep on showing up as this crisis unfolds: fear, anxiety, anger, sadness, guilt, loneliness, frustration, confusion, and many more.

We can't stop them from arising; they're normal reactions. But we can open up and make room for them: acknowledge they are normal, allow them to be there (even though they hurt), and treat ourselves kindly.

Remember, self-kindness is essential if you want to cope well with this crisis – especially if you are in a caregiver role. If you've ever flown on a plane, you've heard this message: 'In event of an emergency, put on your own oxygen mask before assisting others.' Well, self-kindness is your own oxygen mask; if you need to look after others, you'll do it a whole lot better if you're also taking good care of yourself.

So ask yourself, 'If someone I loved was going through this experience, feeling what I am feeling – if I wanted to be kind and caring towards them, how would I treat them? How would I behave towards them? What might I say or do?' Then try treating yourself the same way.

For more on self-kindness, also known as self-compassion, read this eBook:

https://drive.google.com/file/d/1__Q3UcT9Q8VuSbiRm7x7-xjaxy5xkrba/view?usp=sharing



V = VALUES

Committed action should be guided by your core values: What do you want to stand for in the face of this crisis? What sort of person do you want to be, as you go through this? How do you want to treat yourself and others?

Your values might include love, respect, humour, patience, courage, honesty, caring, openness, kindness or numerous others. Look for ways to 'sprinkle' these values into your day. Let them guide and motivate your committed action.

Of course, as this crisis unfolds, there will be all sorts of obstacles in your life; goals you can't achieve, things you can't do, problems for which there are no simple solutions. But you can still live your values in a myriad of different ways, even in the face of all those challenges. Especially come back to your values of kindness and caring. Consider:

- What are kind, caring ways you can treat yourself as you go through this?
- What are kind words you can say to yourself, kind deeds you can do for yourself?
- What are kind ways you can treat others who are suffering?
- What are kind, caring ways of contributing to the wellbeing of your community?
- What can you say and do that will enable you to look back in years to come and feel proud of your response?



I = IDENTIFY RESOURCES

Identify resources for help, assistance, support, and advice. This includes friends, family, neighbours, health professionals, emergency services. And make sure you know the emergency helpline phone numbers, including psychological help if required.

Also reach out to your social networks. And if you are able to offer support to others, let them know; you can be a resource for other people, just as they can for you.

One very important aspect of this process involves finding a reliable and trustworthy source of information for updates on the crisis and guidelines for responding to it. The World Health Organisation website is the leading source of such information:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Also check the website of your country's government health department.

Use this information to develop your own resources: action plans to protect yourself and others, and to prepare in advance for quarantine or emergency.

D = DISINFECT & DISTANCE PHYSICALLY

I'm sure you already know this, but it's worth repeating: disinfect your hands regularly and practice as much social distancing as realistically possible, for the greater good of your community. And remember, we're talking about physical distancing – not cutting off emotionally. (If you aren't quite sure about what this means, read this:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>)

This is an important aspect of committed action, so align it deeply with your values; recognise that these are truly caring actions.



IN SUMMARY

So again and again and again, as problems pile up in the world around you, and emotional storms rage in the world within you, come back to the steps of FACE COVID:

F = Focus on what's in your control

A = Acknowledge your thoughts & feelings

C = Come back into your body

E = Engage in what you're doing

C = Committed action

O = Opening up

V = Values

I = Identify resources

D = Disinfect & distance

Well, I do hope there's something useful in here for you; and feel free to share this with others if you think may find it helpful.

These are crazy, difficult, scary times, so please do treat yourself kindly. And remember the words of Winston Churchill: *'When you're going through hell, keep going'*.

All the best,
Russ Harris