

## **COVID-19 Articles and Resources**

### **Virtual Support Groups**

Free Online Grief Support Group for Loss of a Loved One (David Kessler via Facebook groups) - [www.Facebook.com/groups/DavidKessler](http://www.Facebook.com/groups/DavidKessler)

“NA Coffee Lounge” for people in recovery – run all day, online, relaxed hang-out style. To join it go to <https://us0web.zoom.us/j/220667526>

NA Virtual Recovery Meetings available (can participate through just audio or audio and video) at <http://bit.ly/2QfV8YH>

### **Self-Care and Coping with Stress/Anxiety from COVID-19**

A Counselor’s Tips for Managing COVID-19 Anxiety (GoodTherapy) - <https://www.goodtherapy.org/blog/a-counselors-tips-for-managing-covid-19-anxiety-0317204>

Stress and Coping (CDC) - [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

### **Dealing with Grief during COVID-19**

The Discomfort You’re Feeling is Grief (Harvard Business Review) - <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

This Pandemic of Grief (Center for Loss and Life Transition) - <https://www.centerforloss.com/2020/03/pandemic-of-grief/>

Coping With Loss And Grief During A Global Pandemic (Apple Podcasts) - <https://podcasts.apple.com/us/podcast/on-point/id121534955?i=1000469998567>

Dear Therapist Writes to Herself in Her Grief: My Father Died, There's a Pandemic, and I'm Overcome by My Feeling of Loss (The Atlantic) -

<https://www.theatlantic.com/family/archive/2020/03/letter-myself-after-death-my-father/608935/>

### **Grieving Rituals Amidst "Social Distancing"**

Funerals, Grieving Death Faces Changes During the Coronavirus Outbreak (USA Today) -

<https://www.usatoday.com/story/news/nation/2020/03/23/coronavirus-changed-deaths-funeral-services-handled-us-italy/2900440001/>

How Can You Grieve Without a Funeral? As Coronavirus Restrictions Become More Strict, Families Make Heartbreaking Choices (Los Angeles Times) - <https://www.latimes.com/world-nation/story/2020-03-19/coronavirus-funerals-delayed-us-california>

Virtual Memorials and No Hugs: The Funeral Industry Prepares for Coronavirus (Mother Jones) - <https://www.motherjones.com/coronavirus-updates/2020/03/coronavirus-funerals/>

### **Adjusting to Life during COVID-19**

Collective Vulnerability, the FFTs of Online Learning, and the Sacredness of Bored Kids (Brene Brown) - [https://brenebrown.com/blog/2020/03/21/collective-](https://brenebrown.com/blog/2020/03/21/collective-vulnerability/?utm_source=BBEARG&utm_campaign=5e09430882-)

[vulnerability/?utm\\_source=BBEARG&utm\\_campaign=5e09430882-EMAIL\\_CAMPAIGN\\_2020\\_03\\_22\\_12\\_59\\_COPY\\_06&utm\\_medium=email&utm\\_term=0\\_6af12a6111-5e09430882-40697393](https://brenebrown.com/blog/2020/03/21/collective-vulnerability/?utm_source=BBEARG&utm_campaign=5e09430882-EMAIL_CAMPAIGN_2020_03_22_12_59_COPY_06&utm_medium=email&utm_term=0_6af12a6111-5e09430882-40697393)

