

Anxiety vs Stress

<https://www.understood.org/en/friends-feelings/managing-feelings/stress-anxiety/anxiety-why-its-%20different-from-stress>

Coping During the COVID-19 Lockdown

https://www.allencomm.com/courses/covid19_5_tips_to_face_your_anxiety/index.html

COVID-19: 5 Tips to Face Your Anxiety

https://www.allencomm.com/courses/coping_with_covid_19_lockdown/index.html

Ambiguous Loss: Grieving in the Time of COVID-19, Followed by Live Q&A Session

Key Learning Objectives:

- To define ambiguous loss
- To identify the signs and symptoms of grief
- To understand the difference between grief and mourning
- To identify ways of coping with grief
- To know when and how to ask for support

https://www.youtube.com/watch?v=sdxlh89_opA&feature=youtu.be

- From the Center for MH in Schools & Student/Learning Supports, UCLA

How to talk to kids about racism, racial violence, and police brutality

<https://www.usatoday.com/story/news/nation/2020/05/31/how-talk-kids-racism-racial-violence-police-brutality/5288065002/>

Black Emotional and Mental Health (BEAM) Collective

<https://www.beam.community/tool-kits-education>

Glazer Children's Museum (resources for educators, parents, kids related to talking about the events)

https://glazermuseum.org/socialjustice?fbclid=IwAR3mJPYT_4Tkdz8K-annxEBkM2t1UyGF2SCu65Bdu%20k0e0L_rbJdo4l0l-A

Something Happened in Our Town - Children's book about racial injustice.

<https://www.youtube.com/watch?v=lcOhOFGcWm8>