



## Resources for Coping with Stress and Anxiety

1. NIMH.NIH.gov: [Caring for Your Mental Health>>](#)
2. VeryWellMind.com: [Best Mental Health Podcasts>>](#)
3. CDC.gov: [Coping with Stress \(and helping others cope\)>>](#)
4. Mentalhealth.org/uk: [How to Look After Your Mental Health>>](#)
5. Drweil.com: [Three Breathing Exercises and Techniques>>](#)
6. MayoClinic.org: [Video of Podcast on Stress, Anxiety and Habits>>](#)
7. Psychology Today: [50 Strategies to Beat Anxiety>>](#)
8. BeMorewithLess.com: [3 Ways to Remove Yourself from Drama>>](#)
9. MountSinai.org: [How to Cope with Post-Pandemic Anxiety>>](#)
10. Mayo Clinic: [9 Ways to Tame Anxiety During the Covid-19 Pandemic>>](#)

## Children

1. CDC.gov: [Helping Children Cope>>](#)
2. NPR.org: [How to Help a Child Struggling with Anxiety>>](#)