

## Coping with COVID-19 Webinar Resource List

<i>Source (Organization)</i>	<i>Title</i>	<i>Link</i>	<i>Brief Description</i>
<b>For Healthcare Workers and Frontline Responders</b>			
The Schwartz Center for Compassionate Healthcare	Caring for Yourself & Others During the COVID 19 Pandemic: Managing Healthcare Workers' Stress	<a href="https://www.youtube.com/watch?v=F4LU-EoAFew">https://www.youtube.com/watch?v=F4LU-EoAFew</a>	Recorded webinar offered by the Schwartz Center for Compassionate Healthcare. Presented by Patricia Watson, PhD, of the National Center of PTSD. Discusses ways that healthcare workers can manage stress - theirs and others' - during the COVID-19 outbreak.
Massachusetts General Hospital Resilience & Prevention Program	Resilience Training for Healthcare Workers	<a href="https://www.resilienceandprevention.com/health-care-providers">https://www.resilienceandprevention.com/health-care-providers</a>	Three-session resilience training for healthcare providers video course offered by Massachusetts General Hospital Resilience & Prevention Program. Presented by several members of the Massachusetts General Hospital Team. Session one focuses on understanding what resilience is and the technique of mindfulness as a way to enhance resilience in times of increased stress. Session two describes how our thoughts about the world and other people impact our feelings, and ways of coping with uncertainty. Session three introduces techniques for showing greater kindness towards ourselves during difficult experiences, which can enhance resilience.
McLean Hospital	Clinician Self-Care in the Time of COVID-19	<a href="https://www.mcleanhospital.org/news/webinar-clinician-self-care-time-covid-19">https://www.mcleanhospital.org/news/webinar-clinician-self-care-time-covid-19</a>	Recorded webinar offered by McLean Hospital. Presented by Blaise Aguirre, MD, the founding medical director of McLean Hospital's 3East Dialectical Behavior Therapy program. Offers coping strategies for mental health professionals and health care workers during COVID-19; summarizes skills for regulating intense distress, tolerating difficult moments, and acting mindfully.

University of California,  
San Francisco -  
Department of Psychiatry

Emotional Well-Being During the  
COVID-19 Crisis for Health Care  
Providers Webinar Series

<https://psychiatry.ucsf.edu/coronavirus/webinars>

10-week webinar series offered by University of California, San Francisco (UCSF) Department of Psychiatry. Presented by several different mental health and emotional wellness experts. Focuses on a wide array of topics geared towards helping health care providers reduce personal stress during the COVID-19 outbreak, as well as cope with other disasters.

Montefiore Medical Center

Anxiety & COVID-19

<https://vimeo.com/398138843/b4dc58fcf5>

Recorded webinar offered by Montefiore's Behavioral Health Integration Program and Trauma Informed Care Program. Presented by Dana E. Crawford, PhD and Miguelina German, PhD. Reviews useful coping skills to help the viewer, most especially frontline healthcare workers, find inner control in stressful moments.

University of North  
Carolina Health

Wellness for Frontline Healthcare  
Providers: Preparing for a Marathon, Not  
a Sprint

<https://www.youtube.com/watch?v=yqGbmqiL4fw&feature=youtu.be>

Recorded webinar offered by University of North Carolina (UNC) School of Medicine - Psychiatry. Presented by Crystal Schiller, PhD. Covers specific tools that frontline healthcare providers can use to manage anxiety and stress during uncertain times. Topics include mindfulness and self-care.

Psychology of Pandemics  
Network

<https://coronaphobia.org/>

#### **Additional Resources**