# Coping with COVID-19 Webinar Resource List

<table>
<thead>
<tr>
<th>Source (Organization)</th>
<th>Title</th>
<th>Link</th>
<th>Brief Description</th>
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<tbody>
<tr>
<td>Johns Hopkins School of Medicine</td>
<td>Coping and Thriving Webinar Series</td>
<td><a href="https://www.hopkinsmedicine.org/human_resources/benefits/jh_worklife_programs/mySupport-coping-with-COVID-webinar-series">https://www.hopkinsmedicine.org/human_resources/benefits/jh_worklife_programs/mySupport-coping-with-COVID-webinar-series</a></td>
<td>Webinar series offered by Johns Hopkins School of Medicine. Presented by several different mental health and emotional wellness experts. Offers webinars on a wide array of topics (i.e., coping with loss during COVID-19, choosing your new normal, how to help you when you are feeling helpless).</td>
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Dr. Susan David - Harvard Medical School  Checking In Podcast  
https://podcasts.apple.com/us/podcast/id1504596643
Podcast hosted by Susan David, PhD, of Harvard Medical School. Offers coping strategies and an understanding voice during a time of great uncertainty. Invites several knowned experts in the field of psychology to offer their wisdom and knowledge as well (i.e., Dr. Stephen Hayes, Dr. Kristin Neff, Dr. Julie Gottman).

MyOCDcare  In the Midst of Rapid Fire Change & Practicing Social-Distancing: Resilience, Coping, and Parenting Strategies for Everyone  
https://www.youtube.com/watch?v=rwmmPCPEhbc
Webinar offered by My OCD Care, a private practice of Elliot Kaminetzey, PhD, that specializes in treatment of OCD and other anxiety based disorders in adults and children. Presented by an expert panel of psychologists: Jonathan Kaplan, PhD; Anne Marie Albano, PhD, ABPP; Dean McKay, PhD, ABPP; and Rebecca Sachs, PhD, ABPP. Discusses coping with uncertainty and anxiety; continuing to live a purposeful and meaningful life; practicing proactive resilience to counter potential feelings of sadness, depression, and helpless; balancing “being on vacation” and maintaining structure/ and consistency in parenting, and maintaining social contact and strengthening relationships with the people you’re living with (even in small spaces)!

Dr. Eva Adriana Wilson  Taking Care of your Mental Health During The COVID-19 Pandemic  
https://www.youtube.com/watch?v=JsJus1R15Ds&app=desktop
Short video with animations offered by Eva Adriana Wilson, MD. Reviews seven things that you can do to help yourself and your loved ones remain mentally well throughout the COVID-19 pandemic.

Additional Resources  
https://coronaphobia.org/