

Resources for Coping with Stress

Online Resources

BetterHelp

<https://www.betterhelp.com>

Talkspace

<https://try.talkspace.com>

National Alliance on Mental Illness (NAMI): Frontline-Professionals

<https://www.nami.org/Your-Journey/Frontline-Professionals>

Thrive Global: Resilience on the Frontlines

<https://thriveglobal.com/categories/first-responders-first/resilience-on-the-front-lines/>

Flash Technique for Healthcare Workers

<https://flashtechnique.com/wp/trauma-relief-for-pandemic-healthcare-workers/>

Apps

Calm

<https://www.calm.com/>

Headspace

<https://www.headspace.com/about-us>

Books

Kabat-Zinn, J. (2013). *Full catastrophe living, revised edition: how to cope with stress, pain and illness using mindfulness meditation*. Hachette uK.

Shapiro, F. (2012). *Getting past your past: Take control of your life with self-help techniques from EMDR therapy*. Rodale.