



## Resources for Frontline Child Welfare Staff:

### Coping with Stress During a Pandemic

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*Delivering quality information and resources to Texas Community Organizations and Caregivers in response to Coronavirus (COVID-19)*

During this global health pandemic we are all experiencing extreme stress and trauma. This is especially true for people working with children and families involved in child welfare. As the saying goes, put your oxygen mask on first because you must care for yourself before you can care for others. Below are some resources to help us manage our stress and engage in self-care. Explore, share and find a coping strategy that works for you!

[5 Things Managers Can Do During COVID-19](#) by Taylor Adams at Mental Health America

[55 Ways People Are Coping With COVID-19](#) by Jennifer Cheang at Mental Health America

[Guarding Your Joy: Keeping Your Mental Wellness High On Your Agenda](#) by Julio J. Fonseca at Mental Health America

[Secondary Traumatic Stress, A Fact Sheet for Child-Serving Professionals](#) by The National Child Traumatic Stress Network

[Five-Minute Coronavirus Stress Resets, How to get Unstuck from Your Anxiety](#) by Jenny Taitz at The New York Times

[How Companies Can Prioritize Employees' Health and Wellness Post-Pandemic, How to Create a Psychologically Safe Workplace](#) by Gloria Salinas at Dallas Innovates

[Tips for Managing Stress During the COVID-19 Pandemic Wallet Card](#) by Substance Abuse and Mental Health Services Administration (SAMHSA)

[Coping Tips for Traumatic Events](#) by SAMHSA

[Strategies for Managing Stress & Anxiety Around COVID-19](#) by The Maxwell Air Force Base Mental Health Clinic Team

[Your Wellbeing during the COVID-19 Outbreak](#) by the American Board of Clinical Social Work

[Talking With Children: Tips For Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#) by SAMHSA

[Top 10 Ways to Practice Resilience Skills During Challenging Times](#) by Military One Source

[Staying Mentally Healthy During a Pandemic](#) by Darryl Webster at Help Starts Here

[Yoga With Adriene](#), free self-care yoga offered by Adriene Mishler

[Insight Timer](#) meditation app by InsightTimer

[How to Cope With the Unknown: Framework and Strategies for the COVID Pandemic](#) by Courageous Heart Healing