Resources for Frontline Child Welfare Staff:  
*Coping with Stress During a Pandemic*  
*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

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