State of Oregon
Employment Department

HEALTH & WELLNESS RESOURCES DURING COVID 19

1

From the CDC: Maintaining Emotional Wellbeing During COVID-19.

Access the video here.

2

Trauma Informed Oregon is offering Workforce Wellness vlogs. Click here for their vlog on TIC, Wellness and Routines/Rituals.

3

Video short (1 minute): 6 ways to exercise self-compassion. Produced by Standford Magazine.

4

Research shows that we can actually use stress to improve our health and well being. Read more in this New York Times article *In Stressful Times, Make Stress Work for You* here.

5

In this 12 minute podcast produced by Ted Talk, Susan Davis talks about how to manage fear and anxiety during

6

Most, if not all of us, have a lingering sense that more loss is to come. This article on anticipatory grief helps explain what you might be feeling right now.

7

Centers for Disease Control and Prevention Coronavirus website:

Coping with Stress

8

Want more ideas of how to do self care when there's a shelter-in-place in effect? Or how to parent your children right now? CareOregon has put together this website with a number of resources and ideas for you.

9

Research shows that practicing gratitude yields tangible health results. Curious? Click here for The Science of Gratitude – How it Changes People, Relationshops (and Brains!) and How to Make it Work for You.

10

Brene Brown has released a new podcast titled "Unlocking Us" that addresses themes and advice for our COVID-19 world.