

Supporting



Teachers

As we all learn to adjust to our new normal, it is important that we also have tools to support our emotional health. Listed below are a few links to provide information and support.

Link #1: [Centers for Disease Control and Prevention](#)

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Within this site, you will find resources for yourself and others managing anxiety and stress.

Link #2: [Coping With Stress During Infectious Disease Outbreaks-SAMHSA](#)

This PDF provides an overview of [Knowing the Signs of Stress](#), [Know How to Relieve Stress](#), and provides helpful resources.

Link #3: [Teacher, Interrupted: Leaning into Social-Emotional Learning Amid the Covid-19 Crisis](#)

Dear educators,

There was life before COVID-19, and there will be life after.

We didn't choose to have our schools and colleges closed; our carefully constructed routines halted in their tracks; our field trips, concerts, sporting events, fundraisers and finals all canceled. We didn't expect this and had little warning.

Link #4: [Flexibility in the Midst of Crisis](#)

Having flexibility is to have the ability to shift perspectives and actions when new or unexpected events arise. This skill—or set of skills—allows us to adapt more easily to otherwise [stressful](#) and difficult situations, without becoming overwhelmed for prolonged periods of time.

Link #5: [Managing Anxiety Around COVID-19](#)

If you're noticing anxiety in yourself or those around you these days, you're not alone. With mention of COVID-19 (commonly known as coronavirus) filling radio and television news, social media feeds, and our email inboxes, it's no wonder we're all anxious. Between the uncertainty, the real health risks, and the hype, fear and anxiety are feelings that are both valid and common. We wanted to provide you with a few ideas for managing those feelings.