



COPING IN CRISIS

Staying well with ISK

Week of May 4: Coping with Anxiety

FROM SAMHSA:

[Skills for Psychological Recovery](#) (154-page manual, PDF)

- Page 40-43: *Calming Skill: Breathing Retraining*
- Page 125: *For Parents: Children's Anxiety (Avoiding, Clinging, Fears)*

FROM MENTAL HEALTH FIRST AID:

[How to Help Someone with Anxiety or Depression During COVID-19](#) (Blog post with diagram)

[Managing Corona Virus Anxiety Part 3 - Expert Tips and Strategies](#) (Webinar, Anxiety and Depression Association of America)

FROM MENTAL HEALTH AMERICA:

[VirusAnxiety.com](#) (Website with articles, meditations, access to mental health experts, anxiety screenings, and more)

[I Feel Anxious About Coronavirus](#) (MHA article)

[Keep Your Mind Grounded](#) (2-page PDF worksheet)

OTHER:

University of Michigan Department of Psychiatry:

[InsightTimer: Coping with Anxiety](#) (Website with free music, meditations, etc.)

WWMT; Interview with Ascension Borgess clinical psychologist Nishani Samaraweera:

[Mental health experts offer tips to cope with anxiety during COVID-19 pandemic](#) (WWMT news story)

Visit the ISK [Facebook page](#) for more tips.
Have a great week and stay well!