

# RESOURCES FOR THE LEGAL PROFESSION DURING COVID-19

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## RESOURCES FOR THE LEGAL PROFESSION DURING COVID-19

The NC LAP staff recognizes that the collateral effects of the current public health crisis can impact your mental health. We offer these resources to help you understand and manage potential challenges and to support your well-being and recovery. All underlined text represents a live website link. Simply click on the link to view the material.

### GENERAL CORONAVIRUS (COVID-19) INFORMATION AND UPDATES

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#### [Centers for Disease Control and Prevention](#)

The CDC site is likely to offer the most up to date information on the COVID-19 virus.

#### [National Institutes of Health](#)

The NIH site contains near daily blog posts and news releases relative to research and other information about COVID-19

#### [North Carolina Department of Health and Human Services](#)

This North Carolina resource is frequently updated with recommendations and data.

### HELPLINES

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**North Carolina Lawyer Assistance Program**, a confidential, free program of the NC State Bar, **Eastern Region** (919) 719-9267/**Western Region** (704) 910-2310 [www.nclap.org](http://www.nclap.org)

**BarCARES**, a confidential, free program of the NC Bar Association, (800) 640-0735, [www.barcares.org](http://www.barcares.org)

The National Suicide Prevention Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-TALK (8255) or use their [Lifeline Web Chat](#)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

- Military and Veterans: 1-800-273-8255 and Press 1
- Spanish Language: 1-800-273-8255 and Press 2

Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

**Crisis Text Line** serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text.

Text "HOME" to 741741 [www.crisistextline.org](http://www.crisistextline.org)

**For LGBTQ youth under age 25:**

**The Trevor Project** is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.

- Trevor Lifeline: 1-866-488-7386 crisis intervention and suicide prevention phone service 24/7/365  
Trevor Text: Text START to 678678 Confidential text messaging w a Trevor counselor, available 24-7/365
- **TrevorChat** Confidential online instant messaging w a Trevor counselor, available 24/7- best to access via computer

**The Hope4NC Helpline** (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis.

## BACK TO WORK AND LIFE AFTER QUARANTINE

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**[AOPC Letter to President Judges and District Court Administrators Regarding Face Masks](#)** – July 7, 2020

**["How to Reduce Your Risk of PTSD in a Post-COVID-19 World"](#)** by Jennifer Taitz, New York Times, May 20, 2020

**[From the CDC June 12, 2020: "Deciding to Go Out: Venturing Out? Be Prepared and Stay Safe"](#)**- The CDC provides safety considerations and recommendations regarding banking, dining, gatherings, fitness centers, salons, libraries, and travel.

**[From the CDC: Considerations for Events and Gatherings](#)** – The recently released CDC guidance document for larger events.

**["Workplace Mental Health: Employee Support Guide"](#)**: Helping your workplace meet the mental health needs of returning employees during COVID-19 by Mental Health America

**["Why Some People Wear Masks but Others Don't: A Look at the Psychology"](#)** by Michele Gelfand

**[“Fear, Isolation, Depression: The Mental Health Fallout of a Worldwide Pandemic”](#)**

- article by

[Christine Vestal from The Pew Charitable Trusts posted May 12, 2020](#)

**[“A Guide To Staying Safe During The Economic Re-Opening From A Former ‘Hot Zone’ Physician”](#)**

article posted on Forbes.com on May 15, 2020 by Dr. Mark Kortepeter, an infectious disease and public health physician, scientist and retired soldier

**[“Lawyer Assistance Programs Gear Up for New Client ‘Explosion’”](#)**

by Melissa Heelan Stanzione of Bloomberg Law - Lawyer assistance programs are girding for an upswing in demand for services, as attorneys seek help for mental health and substance abuse issues exacerbated by the coronavirus.

**[“Leading Through Anxiety: Inspiring Others When You Are Struggling Yourself”](#)**

– Harvard Business Review- comprehensive article featuring audio clips from guests including a Professor of Psychology and the founder of Boston University’s Center for Anxiety & Related Disorders

**[“3 Non-Obvious Workplace Changes that Will Occur Because of COVID-19”](#)**

- article by Kevin Kruse posted in Forbes on May 13, 2020

**[“Employer Tips for Returning to Work in the COVID-19 Era”](#)**

– Comprehensive review of relevant considerations presented by Fox Rothschild LLP

**[“COVID 19: Creating a Safe Workplace” by the Cleveland Clinic](#)**

- Helping your employees return to work, safely and confidently, during the coronavirus (COVID-19) pandemic is no easy task. Cleveland Clinic has gathered resources from their health experts and the CDC to help you develop and implement a plan. It includes back-to-work guidelines and will be updated frequently as CDC and other information is released.

**[“10 Considerations for Implementing Back-to-Work Programs Following COVID-19”](#)**

- article by Buchanan Ingersoll-Rooney

Reopening guidance for businesses (provided by NC DHHS and CDC); more info available on the PBA COVID-19 Resource Guide for Lawyers website)

- <https://covid19.ncdhhs.gov/guidance#businesses>

**[“Life after COVID-19 Making Space for Growth”](#)**

- article by Kirsten Weir posted on May 4, 2020 by the American Psychological Association- “In this time of grief, the theory of *post-traumatic growth* suggests people can emerge from trauma even stronger.”

[\*\*“Quarantine Fatigue is Real - Instead of an all-or-nothing approach to risk prevention, Americans need a manual on how to have a life in a pandemic”\*\*](#) – article in the Atlantic on May 11, 2020 by Julia Marcus

[\*\*“3 Experts Explain How You Can Combat Quarantine Fatigue”\*\*](#) – article by Sarah Sloat, posted on Inverse on May 10, 2020.

[\*\*“As Society Re-Opens, Not Everyone is Ready”\*\*](#) - article by Kelli Miller and Margarita Martin—  
Hidalgo Birnbaum on WebMD, May 5, 2020

[\*\*“Is Your Anxiety Ramping Up? You Aren’t Alone: Here’s What Mental Health Professionals Say”\*\*](#)- This is major trauma to the country right now, especially as the country ramps up for ‘re-opening.’  
– article by Soo Youn posted in The Lily on May 6, 2020

[\*\*“How to Advance Mindfulness in the Workplace”\*\*](#) - article by Jeena Cho in the ABA Journal, April 1, 2020

[\*\*“4 Ways to Communicate when you Can’t See Someone’s Face”\*\*](#) - These tips will help you improve your communication in the age of face masks. Article by Susan Krauss Whitbourne, PhD in Psychology Today on April 21, 2020

## **PERSONAL, PRACTICE MANAGEMENT & LEADERSHIP RESOURCES FOR LAWYERS**

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[\*\*“Landed Out of Work? Ten Ways to Reset Your Mindset”\*\*](#) by Margie Warrell, Forbes, June 25, 2020

[\*\*“Workplace Mental Health: Employee Support Guide”\*\*](#): Helping your workplace meet the mental health needs of returning employees during COVID-19 by Mental Health America

[\*\*“The Zoom Boom: How Videoconferencing Tools are Changing the Legal Profession”\*\*](#) by Ellen Rosen in the ABA Journal, June 3, 2020

[\*\*“How to Form a Mental Health Employee Resource Group”\*\*](#) by Jen Porter, Bernie Wong, Kelly Greenwood of Harvard Business Review, May 19, 2020”

[\*\*Bloomberg Law's In Focus: Lawyer Well-Being\*\*](#) compiles various resources for attorneys, law students, and judges who want help dealing with wellness and quality of life issues ranging from anxiety, stress, depression, and substance use disorders. Lawyer assistance program information, model employee surveys, practitioner insights, managing employees' rights and needs, etc.

[\*\*"Keeping Yourself and Your Kids Safe and Healthy in the Pandemic: Tips for Judges, Legal Professionals, and Court Personnel"\*\*](#) from the National Child Traumatic Stress Network

[\*\*"Why Lawyers are the Most Impaired Professionals"\*\*](#) by Corey Rabin, Bloomberg Law, May 2020

[\*\*"8 HR Leaders Share the Crucial Management Insights They've Learned during COVID"\*\*](#) – by Laura Garnett of Forbes, May 26, 2020

### **FREE CLE:**

- Free to ABA Members [\*\*"Staying Mentally Safe, Sound and Sober during COVID-19"\*\*](#)- ABA CLE featuring Laurie Besden, Esq., LCL-PA's Executive Director (\$50 for non-members) Global pandemics like COVID-19 put into stark relief the extraordinary stressors that you, your firm's employee and your clients are under. How do you recognize the signs and symptoms of behavioral health disorders that can be adversely affected by the current situation? Moreover, do you have the strategies to address these? Making sure you do is part of the ethical responsibility you owe your client(s).

The [\*\*American Psychiatric Association's Center for Workplace Mental Health\*\*](#) has created a comprehensive resource guide for maintaining mental health and well-being during the pandemic that contains wonderful articles about managing mental health, stigma, resilience, coping, etc. It also provides free access to webinars and podcasts about mental health both from a worker's and an employer's perspectives.

[\*\*"A National Survey on the New Normal of Working Remotely: Best Practices for Legal Employers during the COVID-19 Pandemic"\*\*](#) – a special report by The Red Bee Group summarizing their national online survey findings (over 300 respondents surveyed in late March 2020) and making recommendations regarding remote work by legal employers

[\*\*"4 Ways to Quiet Imposter Syndrome and Start Believing in Yourself"\*\*](#) -an article and accompanying TED Talk by Tania Katan published in 2019

[\*\*“How to Avoid Burnout in the Age of Remote Work”\*\*](#) – article by Shelcy V. Joseph on Forbes.com on May 18, 2020

[\*\*“Lawyer Well-Being during COVID-19”\*\*](#) – free podcast discussing strategies and resources aimed at encouraging well-being for lawyers, their support teams, and institutional stakeholders

[\*\*“COVID-19 and Emotional Wellbeing”\*\*](#) - Article by Kathleen Schulz from Gallagher on protecting workplace culture during a pandemic and general organizational wellbeing

[\*\*“4 Best Practices for Big Law Firms That Are Weathering the Storm Well”\*\*](#) – article by David Lat in Above the Law posted on May 5, 2020.

[\*\*“5 Steps to Help You Effectively Mentor during a Pandemic”\*\*](#) – article by Ruth Gotian in Forbes, May 12, 2020

[\*\*“Three Hours Longer, the Pandemic Workday Has Obliterated Work-Life Balance”\*\*](#) – article by Michelle Davis and Jeff Green in Bloomberg News on April 27, 2020

[\*\*“12 Tips to Market Your Law Practice during the Pandemic”\*\*](#)- article by Larry Bodine in the ABA Journal on April 14, 2020

[\*\*“Unhealthy Law Firm Dyads Made Worse during the Pandemic—and what to do about them”\*\*](#) – article by Peter Lobl posted on Law.com on May 12, 2020. *“What our isolated associate needs from the firm now is a lifeline—a process that he can grab a hold of in order to inform the firm how unbearable his work situation is becoming.”*

[\*\*“How to Advance Mindfulness in the Workplace”\*\*](#)- article by Jeena Cho in the ABA Journal, April 1, 2020

[\*\*“Promoting Lawyer Well-Being is More Essential than Ever”\*\*](#) – article by Krista Larson posted on May 6, 2020 in Law360.

**ABA’s Lawyer Well-Being Week**- brought to you by the National Task Force on Lawyer Well-being - Free webinars, online activities, and other events. Check out the website [lawyerwell-being.net](http://lawyerwell-being.net) for a wealth of information and activities you can pursue at any time.

[\*\*“Shift Your Organization from Panic to Purpose”\*\*](#) by Goodson, Scott, Demos, Ali, Dhanaraj, Charles in Harvard Business Review, April 27, 2020

[\*\*“Managing The Big Risk Of Bringing Your Employees Back To Work”\*\*](#) By Edward D. Hess in Crisis Management Culture Leadership/Management Talent Management

[\*\*“8 Ways to Train Your Mind to Succeed During Uncertain Times”\*\*](#) by Oliver Isaacs of Entrepreneur, April 25, 2020

The [\*\*American Bar Association Task Force on Legal Needs Arising Out of the 2020 Pandemic\*\*](#) launched a website to provide information about resources, changes in benefits and emerging legal issues caused by the COVID-19 pandemic. Designed to be a national source of information about the coronavirus and the delivery of legal service, the website includes resources on remote service delivery, court access and rules changes, legal needs, public benefits programs, and pro bono mobilization.

[\*\*ABA Coronavirus Task Force\*\*](#) resource page and [\*\*Free video series on YouTube about working remotely, SBA loans, and other topics affecting legal practice during Covid-19\*\*](#)

[\*\*BakerHostetler offers a comprehensive and free online COVID-19 Resource Center\*\*](#) that is updated daily and includes many posts, articles, etc. about legal topics relevant to the pandemic, including questions about legal and business concerns arising from the COVID-19 crisis. It includes detailed information about the CARES Act and about actions businesses may or must take to address a number of issues to protect employees and business operations, as well as other information about the current legal landscape.

[\*\*Fastcase COVID-19 Resource Hub\*\*](#) – provides legislative and governmental updates and pandemic related content from across leading news media sources

[\*\*“The Secrets to Virtual Facilitation.”\*\*](#) - a free webinar offered Leadership Strategies

[\*\*“COVID-19 Privacy and Security Issues: An Expert Discussion”\*\*](#) a free web conference taped on March 31, 2020 and hosted by legal and privacy operations leaders and government officials in the health care and employment fields. Sponsored by the International Association of Privacy Professionals

[\*\*“Law Firm Cybersecurity Requirements You Never Dreamed Of: Emerging Threats, Ethical Obligations to Clients, and Survival Tactics”\*\*](#) – a free audio recording from the ABA Cybersecurity Legal Task Force

[\*\*“A Virtual Structure for Law Firms: Guidelines for Containing Your Lawyers’ Anxiety in the Age of COVID-19”\*\*](#) – article by Peter Lobl on Law.com. Making humane

contact virtually across our physical divide might help law firms generate a new kind of professional connection among their lawyers.

[\*\*“COVID-19 and the Reformation of Legal Culture”\*\*](#) by Mark A. Cohen in *Forbes*, April 14, 2020 – a great article about the legacy COVID-19 will leave for the legal profession and the changes in the legal culture that are coming whether we like it or not.

[Bloomberg Law](#) is providing free access to comprehensive legal resources relating to COVID-19, called [\*\*“Practical Guidance: Coronavirus Toolkit”\*\*](#). Topics covered include contract management, force majeure, communicating with employees, third party management, etc. Many policy and procedure forms and checklists are available free as well.

[\*\*FindLaw offers free COVID-19 information and resources for legal professionals\*\*](#) on topics related to law practice and mental health and wellness.

[\*\*Prioritizing in a Pandemic for Law Firms \(free videos from the NC Bar Association\)\*\*](#)

- [\*\*Covid-19: Awareness, Response, and Workplace Plans/Policies \(Part 1\)\*\*](#)
- [\*\*Covid-19: Law Firm Operations \(Part 2\)\*\*](#)
- [\*\*Covid-19: Serving Clients \(Part 3\)\*\*](#)

[\*\*ABA COVID-19 Mental Health Resources\*\*](#) – a comprehensive compilation of lawyer-specific practice and mental health resources

[\*\*Lawline also offers a series of free webinars\*\*](#) and short briefings to help attorneys during the pandemic on topics ranging from shifting to a remote workplace, reductions in workforce and payroll considerations, liability issues, virtual hearings, custody issues during the health crisis, updating your coronavirus response plan, estate planning and immigration updates during the pandemic etc. [Click here](#) for a complete list.

Free webinar: [\*\*“How to Stay Sane, Productive, and Healthy in Isolation: Wellness Strategies for Attorneys during the Pandemic”\*\*](#) by W. Meyerhofer, former big-law attorney and current licensed clinical social worker

[\*\*Harvard Law School Center on the Legal Profession March/April 2020 issue of The Practice: “Approaching Lawyer Well-Being”\*\*](#) – includes articles on grappling with COVID-19 and others on operational and individual lawyer wellness

[\*\*“The Leader’s Guide to Managing COVID-19 Panic”\*\*](#) by Jan Bruce (Forbes magazine)  
[\*\*“8 Strategies to Set up Remote Work during the Coronavirus Outbreak”\*\*](#) by Marten Mickos

## **Pandemic Preparedness Resources from the National Association of Bar**

**Executives** Contains extensive information on the following:

- Webinar script examples
- Various platforms available for teleconferencing, electronic meetings and video conferencing
- Advice and tips for working remotely
- Articles on how to take care of yourself and your team
- Government Agency Resources
- Information about the CARES Act (Coronavirus Aid, Relief and Economic Security Act) ○ [ABA Summary of 10 Highlights of the CARES Act](#) ○ [US Chamber of Commerce CARES Guide: What Small Businesses Need to Know](#) ○ [ASAE Summary of Provisions of the CARES Act Applicable to Associations and Foundations](#)

**Thomson Reuters Practical Law – Global Coronavirus Toolkit** – Contains relevant legal updates, practice notes, checklists, a multitude of relevant articles and a link to a live tally and discussion of [federal legislative responses to the coronavirus](#).

## **Free Products and Resources for Legal Professionals Suring the Coronavirus Crisis**

– A site dedicated to providing updated information about practice management, services, products, education programs and news and resources made available for free to legal professionals during the COVID-19 crisis including:

- [Free Coronavirus Page at Law 360](#) (owned by LexisNexis) with news, in-depth features and expert analysis related to Covid-19 and the law.
- [Lexis Nexis Practice Advisor](#) is also providing a free [Coronavirus Resource Kit](#)

## **STAYING BUSY & HEALTHY WHILE SOCIAL DISTANCING**

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**“Develop Your Mindfulness Practice N.O.W.”** – a free podcast from the ABA (41 minutes) discussing the benefits of mindfulness for lawyers and tips for developing a practice.

**“7 Myths about Mindfulness (and What You Need to Know)” - Why not embrace practices that lower stress and anxiety and improve your health?** By Seth J. Gilihan, PhD, Psychology Today, June 1, 2016

**“Stop Beating Yourself Up about Your “Corona Diet”** – article from Cleveland Clinic providing nine ways to get your healthy eating back on track.

**[“Quarantine Fatigue is Real - Instead of an all-or-nothing approach to risk prevention, Americans need a manual on how to have a life in a pandemic”](#)** – article in the Atlantic on May 11, 2020 by Julia Marcus

**[“3 Experts Explain How You Can Combat Quarantine Fatigue”](#)** – article by Sarah Sloat, posted on Inverse on May 10, 2020.

**[“If People Not Wearing Masks and Walking Too Close Is Driving You Crazy, Here's How to Keep the Focus on Yourself”](#)** –article by Beth Greenfield posted on Yahoo Life on May 6, 2020

**[“The Perils of Perfectionism during Lockdown”](#)** – article by Fuschia Sirois posted on The Conversation on April 17, 2020

**[“Making a Homemade Coronavirus Mask? Doubled T-shirt Fabric offers 98% Droplet Blocking Protection”](#)** – very interesting scientific article written by scientists at the University of Illinois on [Neurosciencenews.com](#) posted on May 4, 2020 about the efficacy of various fabrics in preventing COVID-19 spread

**[“A Short Mindfulness Exercise for Anxiety”](#)** – a 9 minute exercise to reduce anxiety by Dr Robert Hindman, PhD from the Beck Institute for Cognitive Behavioral Therapy posted on YouTube March 31, 2020

**[“Your 5-Day Gratitude Challenge: 5 Exercises to Increase Your Gratefulness”](#)** – article by Daryl Chen on [ideas.ted.com](#)

**[The Great Courses](#)** – Learn everything about anything. Stream unlimited courses on countless topics. Try it for free for the first month.

**[“Speaking of Psychology: COVID-19 and the Loss of Rituals, Formation of New Ones”](#)**- free audio/podcast (22 minutes) - The coronavirus is keeping us from experiencing some of the deepest and most meaningful rituals of our lives, from graduations to weddings to funerals. What is this doing to us psychologically? How important are rituals to our mental health and well-being? Michael I. Norton, PhD, a professor of business administration at the Harvard Business School, talks about the many rituals he has studied and their roles within our lives. Sponsored by the American Psychological Association

**[“How to Improve Your Sleep during the COVID-19 Pandemic”](#)** – article by the Brofenbrenner Center for Translational Research Evidence-Based Living posted in Psychology Today on May 7, 2020

[“How to Actually Achieve Your Well-Being Goals during the Coronavirus”](#) – article in Bloomberg Law by Jarrett Green and Rebecca Simon Green

[“10 Ways to Cheer Someone Up Right Now”](#) – Simple ways to be of service to others to make them and you feel better about the current health crisis - by Emily Skehill of Mental Health America- posted on MHA site May 4, 2020

[“How to Support a Loved One Going Through a Tough Time During COVID-19”](#) by Rubina Kapil- article posted on Mental Health First Aid website March 20, 2020

### **Free Meditations:**

- [Oprah and Deepak Chopra’s 21-Day Meditation Experience on Finding Hope in Uncertain Times](#) (20-25 minute daily sessions for free)
- [Center for Mindful Self-Compassion – free self-compassion meditation sessions](#) – daily 45 minute drop-in sessions for those interested in meditating together
- Download the free app called “Insight Timer” for many free meditations at your fingertips

[‘Zoom fatigue’ is taxing the brain. Here’s why that happens.](#) By Julia Sklar of National Geographic, April 24, 2020. Video calls seemed an elegant solution to remote work, but they wear on the psyche in complicated ways.

[“Social Isolation And The Coronavirus: 8 Surprising Reasons You’ll Be Thrilled To Get Back To Your Office”](#) by Tracy Bower from Forbes, April 15, 2020

[“The Five Challenges of Staying Home”](#) - article by Steven C. Hayes, PhD; posted on Psychology Today, April 6, 2020

[“Why Video Chats are Wearing Us Out: Technology is saving us in quarantine—but it’s also taking a toll. Here’s why.”](#) - article by Doreen Dodgen-Magee, Psy.D , Psychology Today, April 17, 2020

[“Home Office Syndrome: There’s no place like home—unless you’re working from there because of COVID-19.”](#) – article by Alex Dimitriu M.D. in Psychology Today, April 13, 2020.

[Writing Matters: Writing to Support your Mental Health Journey](#) – article by Mental Health America

[“Dealing with Social Isolation”](#) by Brian Cuban, author of “The Addicted Lawyer”

[“100 things to do while stuck inside due to a pandemic”](#) published by USA TODAY

[Free Online Courses from Ivy League Schools](#)

[Anxious and Stressed? Yoga Comes to the Rescue with these Free Online Classes](#)

[9 Totally Free At-Home Workouts for When Coronavirus is Keeping You Inside](#)

Peloton is offering 90 days free access to all of their classes @

<https://www.onepeloton.com/app>

[Coronavirus Sanity Guide](#) – by Ten Percent Happier to help you cope with this moment of uncertainty and anxiety

**Free Virtual Yoga 12-Step Recovery Meeting** hosted by Pavillion –every Friday 10:00 AM - Informed by the latest research in neuroscience and trauma healing, Y12SR combines the wisdom of Yoga with the practical tools of 12-step programs. This holistic model addresses the physical, mental and spiritual disease of addiction. <https://lnkd.in/enfjTDU> Meeting ID: 668 562 080

## **STRESS, ANXIETY, GRIEF & RESILIENCE DURING THE PUBLIC HEALTH CRISIS**

[Red Cross Virtual Family Assistance Center – Free Resources to Help Support Families Struggling with Loss and Grief Due to the Pandemic](#)

[“Grief is Essential”](#) by Shawn Healy, psychologist in AttorneyAtWork.com – relative to lawyer well-being and law firms

[Post Traumatic Growth Information Sheet - Post-traumatic growth \(PTG\) is this form of positive change that people experience as a result of struggling with major life crises or a traumatic event.](#) PTG can be considered an outcome as well as a process. It is about maintaining a sense of hope that not only can a person who has experienced trauma survive but they can also experience positive life changes as a result. Information from the PA Recovery Organizations Alliance

[“Neuroscientist: COVID Brain is Real: Here’s How to Deal with It”](#) by Jessica Stillman, Inc.com, July 10, 2020

[\*\*“Why Alcohol, Prescription Medications May Be Making Your Anxiety and Depression Worse”\*\*](#) – by Dr. Joseph Garbely

[\*\*“The Addiction Nobody Talks About but everybody is Doing and 10 Solutions” – excellent article on ‘workaholism’\*\*](#) by Bryan Robinson for Forbes, June 20, 2020

[\*\*“Disordered Eating in a Disordered Time”\*\*](#) by Emma Goldberg of the New York Times, June 5, 2020.

[\*\*“The Mental Health Toll from the Coronavirus Could Rival that of the Disease Itself”\*\*](#) by Adam Piore of Newsweek, May 29, 2020

[\*\*“How COVID-19 is Impacting Mental Health: A Recent Review of Over 40 Studies”\*\*](#) by Grant H. Brenner, posted on Psychology Today June 3, 2020

[\*\*“5 TED Talks to Help You Manage Stress”\*\*](#) – free to view

[\*\*“5 Irrational Thinking Patterns That Could Be Dragging you Down”\*\*](#) article and TED talk by Joan Rosenberg, author of [\*90 Seconds to a Life You Love: How to Master Difficult Feelings to Cultivate Lasting Confidence, Resilience and Authenticity\*](#), Little, Brown Spark, 2019

[\*\*“Secondary Trauma in the Time of COVID-19”\*\*](#) by Bethany Jones from Mental Health America

[\*\*“How to Build Resilience during the Coronavirus Era and Other Times of Uncertainty”\*\*](#) by Jarret Jackson of Forbes – posted May 27, 2020 – “A lot of us these days are looking for the light at the end of the tunnel. COVID-19 has consumed us and changed our lives for months. While many businesses have found ways to continue their operations (with essential personnel only or through adaptive measures like video calls), other businesses, particularly small businesses, may not be so fortunate. That is why, now more than ever, *building executive resilience, as a leader, manager or human being*, is so important.”

[\*\*“More People Are Taking Drugs for Anxiety and Insomnia, and Doctors Are Worried”\*\*](#) – by Andrea Petersen, Wall Street Journal, May 25, 2020 - “Prescriptions for anti-anxiety medications and sleep aids have risen during the pandemic, prompting doctors to warn about the possibility of long-term addiction and abuse of the drugs.”

[\*\*“COVID-19 and Opioid Deaths: How Much Collateral Damage is Acceptable?”\*\*](#) by Dr. Asif Ilyas, Director, Rothman Orthopedic Institute for Opioid Research and Education and Professor, Jefferson Medical College

**[“A Third of Americans Now Show Signs of Clinical Anxiety or Depression, Census Bureau Finds Amid Coronavirus Pandemic”](#)** – by Alyssa Fowers and William Wan, The Washington Post, May 26, 2020

**[“A New 7-Item Test of COVID’s Effect on Your Mental Health”](#)** - See how you rate on COVID-19 anxiety with this newly-developed test. – written by Susan Krauss Whitbourne, PhD and posted on Psychology Today on May 19, 2020.

**Free Apple podcasts:**

- **[“How to Tame Burnout When Your Office Is Your Bedroom”](#)** – 13 minute podcast by Dr. Susan David
- **[“Facing Loneliness with Dr. Steven C. Hayes”](#)** – 14 minute podcast plus **[“A Quick Loneliness Exercise with Dr. Steven C. Hayes”](#)** - If you've been struggling with loneliness, know you're not the only one. Psychologist Susan David shares steps you can take to mitigate the feeling of loneliness, and explores what we know about making meaningful connections.

Follow Law.com (@lawdotcom) on Twitter at **[#MindsOverMatters](#)** for updated information, Twitter chats, personal stories and resources relative to lawyer mental health and hosted by Law.com’s Minds Over Matters initiative.

**[“Experts Say it’s Like Getting a Mental Health Stimulus Check from Your Peers”](#)** – great article by Denise Brodey on forbes.com (April 26, 2020) on the current data and effort around the efficacy of peer support for mental health

**[“Tips to help stressed-out lawyers during COVID-19 pandemic”](#)** – a review of the recent ABA webinar with panelist Laurie Besden, Esq., LCL-PA’s Executive Director – includes simple strategies to calm anxiety. The CLE webinar, titled **[“Staying Mentally Safe, Sound and Sober during COVID-19”](#)** is available on demand for free to ABA members.

**[“The Crisis Kit – 5 Tools for Helping...Through Turbulent Times”](#)** – comprehensive toolkit created by PositivePsychology.com. This Crisis Kit discusses five of the most relevant tools from our Positive Psychology Toolkit that you can use to help yourself and others to: use your/their mental resources well, connect to a place of inner peace, become aware of factors within and beyond personal control, practice acceptance-based coping, and remain calm and composed in the face of stress.

**[“10 Secrets People in Recovery from Addiction Know that Could Help Us All Survive this Global Pandemic”](#)** - article on Medium on April 28, 2020

[\*\*“Emotional Contagion Is Potent: Use It to Spread Possibility, Not Pessimism”\*\*](#) – article by Margie Warrell in Forbes on May 6, 2020

[\*\*“5 Signs Your Coronavirus Anxiety Has Turned Serious, Threatening Your Mental Health, And What to Do About It”\*\*](#) – article by Sandee LaMotte posted on CNN.com May 5, 2020

[\*\*“Are You OK? An Attorney Living With Depression and His Advice for You.”\*\*](#) – by Russell Shrauner – posted in the Texas State Bar’s TLAP blog on May 4, 2020

[\*\*“Feeling Drained by Coronavirus Quarantine? Science Can Explain Why”\*\*](#) – article by Deborah Netburn from the Los Angeles Times on April 29, 2020

[\*\*“If There Was Ever a Time to Activate Your Vagus Nerve, It Is Now”\*\*](#) - Four simple steps to return to a ‘rest and digest’ state, by Ashley Abramson - a fabulous introduction to polyvagal theory and how we can train our bodies to get out of fight or flight mode during this crisis

[\*\*“Speaking of Psychology: The Most Boring Podcast Ever \(Or, What to Do with Yourself during COVID-19\)”\*\*](#) by Dr. Erin Westgate, PhD - Free Podcast (40 min.) and transcript available and sponsored by the American Psychological Association. Dr. Westgate is an assistant professor of psychology at the University of Florida who studies boredom, procrastination and why some thoughts are more engaging than others. She offers some ideas on how to use this downtime constructively and why not all procrastination is bad.

[\*\*Pandemic Life: Weekly Chats for Lawyers and the Legal Profession\*\*](#) - A Way to Connect, Share, Learn and Grow in Law During the Pandemic sponsored by [\*\*The Mindfulness in Law Society\*\*](#). You can register to participate in Zoom chats about opportunity to share experiences, ideas, concerns, and stories about life and law during COVID-19. Live at 7:30 PM Tuesdays, Wednesdays and Thursdays in a private Facebook group. *Please note, that the live Zoom chats will be recorded and uploaded to the Private FB group page “MILS Pandemic Life Lawyer Chats”.*

[\*\*“Under Stress, We All Regress - A story of how compassion helped a family find relief when stressful conditions activated trauma triggers and coping mechanisms”\*\*](#) by J. TeGrotenhuis, LMHC, posted Apr 16, 2020.

[\*\*“The Key to Good Mental Health in Quarantine is In the Food You Eat”\*\*](#) by Natalie Meade posted on Quartz April 24, 2020 - great article about nutritional psychiatry and the food-mood paradigm

[\*\*“Neuroscience Says Listening to This Song Reduces Anxiety by Up to 65 Percent”\*\*](#) : Sure to both stir your soul and calm your nervous system. Article by Melanie Curtin of Inc. magazine. She reveals a 10-song playlist that has been scientifically proven to improve relaxation and reduce stress.

[\*\*“Three Ways the Coronavirus Pandemic is Changing Who We Are”\*\*](#) - article by Arie Kruglanski, University of Maryland (March 20, 2020)

[\*\*“The Role of Resilience in the Face of COVID-19”\*\*](#) – available for free as audio or video recording (length of 32 minutes) by Ann Masten, PhD, who is an expert on human resilience. She provides tips on how to tap your inner resilience and build it in your family.

[\*\*“Lockdown is the World’s Biggest Psychological Experiment-and We Will Pay the Price”\*\*](#) by Dr. Elke Van Hoof, Psychology Professor in conjunction with the World Economic Forum

[\*\*“30 Positive Affirmations to Help Get You through the Coronavirus Pandemic”\*\*](#) - Affirmations challenge your thinking and change the way you view your current situation even if things may still appear to be grim. By stating positive affirmations every day, you empower your mindset. You can shift your thinking from a defeated mindset to a successful mindset and that’s what keeps you putting one foot forward every day.

[\*\*“How Lawyers Can Manage Stress and Cortisol Levels during the COVID-19 Crisis”\*\*](#)- Article by James Gray Robinson, ABA Journal April 22, 2020

Free 15’ TED Talks on Apple Podcasts: [\*\*“Checking In”\*\*](#) with Harvard Medical School psychologist Dr. Susan David – topics include:

- Moving forward with grief
- Regaining control in an unpredictable world
- How to manage fear and panic in times of uncertainty

TED talk – [\*\*“How to be your Best Self in Times of Crisis”\*\*](#) - Feeling overwhelmed by the news and your social media feed? Harvard psychologist Susan David explains how to deal with difficult emotions.

[“7 Ways to Stay Resilient during the Pandemic”](#) by resilientworker.net on April 13, 2020

[“Feeling Grief over the Loss of Normalcy”](#)- article by Megan Seidman of the Caron Foundation on May 5, 2020

[“That Uncomfortable Coronavirus Feeling: It Could Be Grief”](#) – April 15, 2020 CNN article by Marnie Hunter about grief, guilt and the restoration of gratitude during the pandemic

[When Hidden Grief Is Triggered During COVID-19 Confinement](#) – excellent article by renowned clinical psychologist Dr. Tian Dayton discussing how to use these days of the crisis to heal old wounds rather than re-enact them

[“That Discomfort You’re Feeling is Grief”](#) by Scott Berinato March 23, 2020 (Harvard Business Review)

**Free Grief Support.** Lisa Zoll, LCSW is offering support and services at no charge to those in the legal profession who may be struggling with grief and loss during this public health crisis. Her practice, Grief Relief ([www.griefrelieftherapy.com](http://www.griefrelieftherapy.com)) offers group and individual support via telehealth (by phone, video, etc). Go to her site to register.

[“Having weird dreams in quarantine? You’re not alone.”](#) By Terry Nguyen from Vox April 9, 2020 - Why so many people seem to be having vivid dreams right now, explained by an expert.

[“What’s Keeping Me Up at Night? It’s Not What You Think!”](#) by Tory Tomassetti, Ph.D.

[Stress Management during COVID-19](#) – free video webinar by Caron available on YouTube [Practicing Self-Compassion](#) – Free on-demand 1-hour webinar by Mental Health America - The science behind why we are so hard on ourselves, the research behind self-compassion and its impact on our wellbeing, and self-compassion tools to practice and share with others

[“Mental Health and Coping during COVID-19”](#) published by the CDC

[“7 Science-Based Strategies to Cope with Coronavirus Anxiety”](#) by Jelena Kecmanovic

[“\[Lawyer\] Anxiety, Self-Protective Behavior, Ethical Sinkholes, and Professional Responsibility”](#) by Dan Defoe

[\*\*“Coronavirus and your Mental Health: Two Experts Explain Why We Panic and How to Cope”\*\*](#) by Joanna Chiu

[\*\*“How Do You Keep Down Your Stress Levels at the Office?”\*\*](#) by Stephen Rynkiewicz (ABA Journal) [\*\*“Stigma and Resilience”\*\*](#) published by the CDC

[\*\*“A 23-Minute Anxiety Practice”\*\*](#) (Audio Guided Meditation) by Hugh Byrne

[\*\*5 TED Talks to Help You Manage Anxiety and Build Resilience\*\*](#) – by Betsy Mikel, Inc.com

**ABA CoLAP Lawyer Well-Being Week: [\*\*Free Videos on the Lawyer Well-being YouTube Channel:\*\*](#)**

- [\*\*“The Anxiety Toolkit: Mindfulness Practices to Reduce Anxiety”, Parts 1 and 2\*\*](#) (published April 9, 2020)
- [\*\*“Cultivating Wisdom During the COVID Crisis: Resilience Strategies to Combat Loneliness”\*\*](#)
- [\*\*Resilient Thinking for Lawyers Part 1: Taming Negative Emotions\*\*](#) by Anne Brafford, Esq.
- [\*\*Resilient Thinking for Lawyers Part II: Boosting Positive Emotions\*\*](#) by Anne Brafford, Esq.

North Carolina LAP’s [\*\*“Mental and Emotional Well-Being Tool Kit for People Already In or Seeking Recovery”\*\*](#)

[\*\*“30 Positive Affirmations to Help Get You through the Coronavirus Pandemic”\*\*](#) - Affirmations challenge your thinking and change the way you view your current situation even if things may still appear to be grim. By stating positive affirmations every day, you empower your mindset. You can shift your thinking from a defeated mindset to a successful mindset and that’s what keeps you putting one foot forward every day. Here’s how to use these positive affirmations to strengthen your mindset:

1. Take three deep breaths, inhaling and exhaling to a count of 10.
2. Stand in front of a mirror and look yourself in the eyes.
3. Say your affirmation (or list of positive affirmations) slowly and clearly.
4. Repeat the affirmations 3-5 times, really focusing on the meaning of each word.
5. Take another three deep breaths, allowing your body to absorb the positive feeling of them.

Function throughout the day with confidence and full belief that you can overcome any limiting beliefs and obstacles with what you have, right where you are.



## RESOURCES FOR LAW STUDENTS

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[“The Path to Law Student Well-Being Podcast Series”](#)- 7 free podcasts tailored for law students on topics ranging from bar exam prep, stress, mindfulness, etc. from the ABA

[“2020 Law School Graduates To Receive Complimentary Access to Bloomberg Law through June 1, 2021”](#) – press release posted by the Bloomberg Industry Group on May 12, 2020 – “Given the significant disruptions to recent law school graduates’ career pursuits on account of the Covid-19 pandemic, we’re pleased to be able to provide them an additional six months of complimentary access to our platform,” said Joe Breda, president of Bloomberg Law. “The unique career resources on Bloomberg Law are without comparison in helping recent law school graduates find an employer, prepare for an interview, and land an offer. And once they land a position, Bloomberg Law’s timesaving practice tools can help them streamline everyday tasks.”

[“Eureka! Discovering the Science of Well-Being for Lawyers”](#) by Brooke Moore, ABA’s Before the Bar blog on February 20, 2020

[“Virtual Resources for Graduating Law Students – Summer 2020”](#) – on COLAP Café from the American Bar Association – podcasts and information on topics ranging from obtaining health insurance, mental and physical fitness, financial wellness, the practice of mindfulness, adopting a growth mindset, dealing with bar exam study stress, etc.

[“Law Students and Dealing with COVID-19”](#) – 30’ audio interview by Joe Patrice from Above the Law – a conversation with the National Chair of the ABA Law Student Division about the issues facing students during the pandemic and how the ABA is addressing those concerns

[“If Law Schools Can’t Offer In-person Classes This Fall, What Will They do instead?”](#) – article by Stephanie F. Ward in the ABA Journal posted May 7, 2020

[“An Insider’s Guide to Succeeding in Law School—Even During the Covid-19 Pandemic”](#)- free podcast led by A. Ferguson, Professor at David A. Clarke School of Law and found in the ABA Journal Modern Law Library

[“ABA President Talks about Coronavirus’ Impact on the Bar Exam and on Law Students”](#) – free 1hr. webinar posted on Before the Bar, ABA Law Student Division on April 28, 2020

**[“For some law students, clinic work during COVID-19 feels more real than ever before”](#)** by Stephanie Francis Ward of the ABA Journal, April 28, 2020

**Coronavirus and Forbearance Info for Students, Borrowers, and Parents (Federal Student Aid, U.S. Department of Education)**

**[American Bar Association's Before the Bar: Coronavirus Resources and Information for Law Students:](#)**

- **[“Your Law School Went Online- Now What?”](#)**
- **[“How to Plan for Take Home Exams”](#)**
- **[“Mental Health Resources Toolkit for Law Students and Those Who Care About Them”](#)**
- Many other articles offering information, guidance and support on topics ranging from mental health, bar exams, online learning toolkits, financial and student loan information

**[The National Jurist: Coronavirus Survival Guide](#)**

American Psychological Association’s short article, **[“Coping with COVID-19-related Stress as a Student”](#)** – fact sheet included

## MENTAL HEALTH RESOURCES

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National Alliance on Mental Illness (NAMI): **NAMI's Buck County online meetings (see above for July meeting schedule) are FREE AND OPEN TO EVERYONE NO MATTER WHERE YOU LIVE.**

[Red Cross Virtual Family Assistance Center – Free Resources to Help Support Families Struggling with Loss and Grief Due to the Pandemic](#)

[5 Effective Exercises to Help You Stop Believing Your Unwanted Automatic Thoughts](#) - Most of us live with a constant stream of internal statements, criticisms and commands running through our heads. But we have a choice: We don't have to let them define us. By Steven Hayes, Psychology Professor and Researcher

[“Anxiety Makes Us Bad Decision Makers. Here's How to Do Better Even If You're Worried About Everything”](#) – By Jen Rose Smith, CNN, July 9, 2020

[“11 Ways Post-traumatic Stress Disorder Can Affect the Body”](#) – by Matthew Wilson from Business Insider, June 18, 2020

[“Depression vs. Sadness: When to Talk With Your Doctor”](#) by the American Osteopathic Association

[“New Study Highlights the Destructive Link Between Perfectionism and Depressive Symptoms”](#) – on PsyPost from the Journal of Research in Personality, by Eric W. Dolan on July 3, 2020.

[Transgender Resources from the ABA and the Transgender Coronavirus Guide](#) from the National Center for Transgender Equality – includes info on transgender organizations and programs, general information and resources

[“The Legacy of Trauma: An Emerging Line of Research is Exploring How Historical and Cultural Traumas Affect Survivors' Children for Generations to Come”](#) by Tori DeAngelis of the American Psychological Association, February 2019, Vol. 50, No. 2 pg. 36

[From Mental Health America: Mental Health Resources Created by and for Black People](#) – “Black Lives Matter. Black Mental health Matters Too.” from the TWLOHA blog on June 2, 2020

[\*\*“The Trauma of Racism”\*\*](#) by Lisa Firestone, PhD for Psychology Today, June 4, 2020

[\*\*#BeTheDifference during Pride Month\*\*](#) – simple ways to advocate and support yourself and/or your LGBTQ+ peers during COVID-19 by Mental Health First Aid (MHFA)

[\*\*“Why Many Men Have a Harder Time Seeking Treatment for Mental Illness”\*\*](#) by Leah Campbell for Healthline, June 30, 2019

[\*\*“30 Things You Need to Know about Trauma and PTSD”\*\*](#) by Jenni Schaefer from The Meadows. June is PTSD (Post Traumatic Stress Disorder) Awareness Month.

[\*\*“11 Truths Only People with High-Functioning Depression Will Understand”\*\*](#) by Nicole Pajer of the Huffington Post, March 5, 2019

[\*\*“How You can Help Someone Battling Depression”\*\*](#) by Zee Krstic, Good Housekeeping, April 23, 2020

From the American Psychological Association: [\*\*“A List of Mental Health Resources Available for People of Color”\*\*](#) by Elizabeth Gulino on Refinery 29 on June 4, 2020.

Mental Health America has provided some great tools to help all of us thrive. Please take a moment to review the short pdf’s at the following links, which contain concise information and easy, specific ways to manage these issues in our lives.

- [\*\*Creating Healthy Routines\*\*](#)
- [\*\*Eliminating Toxic Influences\*\*](#)
- [\*\*Finding the Positive After Loss\*\*](#)
- [\*\*Owning Your Feelings\*\*](#)
- [\*\*Supporting Others\*\*](#)
- [\*\*Connecting with Others\*\*](#)

[\*\*National Alliance on Mental Illness \(NAMI\) – Coronavirus \(COVID-19\) Information and Resources website\*\*](#) has links to online support groups that are open to anyone for various mental health issues and comprehensive lists of many mental health resources.

Free Apple Podcast: [\*\*“Facing Loneliness with Dr. Steven C. Hayes”\*\*](#) – **14 minute podcast plus** [\*\*“A Quick Loneliness Exercise with Dr. Steven C. Hayes”\*\*](#) - If you've been struggling with loneliness, know you're not the only one. Psychologist Susan David shares steps you can take to mitigate the feeling of loneliness, and explores what we know about making meaningful connections.

[Click Here to view the schedule of online support groups from NAMI.](#) These are free mental wellness & recovery groups for everyone, no matter what county you live in. Groups include Peer Wellness and Recovery, Alternatives to Suicide, Youth Support Group, Family Support Group, LGBTQ+ and Allies Support Group, Parent Support Group, Creative Minds Art & Music Group, among others.

[“COVID 19 Era = More Junk Food, Online Gambling, Gaming, and Pornography”](#) by Marc Potenza, MD, PhD

[“Fear, Isolation, Depression: The Mental Health Fallout of a Worldwide Pandemic”](#)  
- article by Christine Vestal from The Pew Charitable Trusts posted May 12, 2020

[“#HowAreYouReallyChallenge: Truth Telling for Mental Health during COVID-19”](#)  
– article by Dr. Robert Glatter, MD discussing the Mental Health Coalition’s “How are you, really?” initiative to encourage honest dialogue about mental health. Includes video interviews with Kenneth Cole, NY Governor Andrew Cuomo, reporter Chris Cuomo, Kendall Jenner, Hailey and Justin Bieber and other celebrities discussing their own mental health challenges

[Suicide Prevention Education and Resources](#) - from the American Psychiatric Association

[American Psychiatric Association’s Mental Health Resources for Patients & Families](#) – Comprehensive website where you can learn about many common mental health disorders, including symptoms, risk factors and treatment options. Find answers to your questions written by leading psychiatrists, stories from people living with mental illness, and links to additional resources.

[“The Crisis Kit – 5 Tools for Helping...Through Turbulent Times”](#) – comprehensive toolkit created by PositivePsychology.com. This Crisis Kit discusses five of the most relevant tools from our Positive Psychology Toolkit that you can use to help yourself and others to: use your/their mental resources well, connect to a place of inner peace, become aware of factors within and beyond personal control, practice acceptance-based coping, and remain calm and composed in the face of stress.

[“Coping with Fear and Sadness during a Pandemic: Don’t Give In to Fight or Flight Feelings: Learn to Manage Them”](#) by Dr. William C. Sanderson, PhD, Professor of Psychology, Director of Hofstra’s Anxiety and Depression Clinic. This 30+page document contains incredibly useful coping strategies, articles, activities and other resources to help us regulate our mood, maximize sleep hygiene, establish healthy work from home boundaries, manage expectations, cope with guilt, shame, frustration and the stress of

these recent world events, as well as how to minimize the traumatic impact of the pandemic in our lives. Do yourself a huge favor. Take an hour or two of quarantine time and read this!

[\*\*PsychHub\*\*](#), which was co-founded by former congressman Patrick J. Kennedy, has partnered with Columbia University, the American Psychiatry Association, NIH, WHO, CDC, Mental Health America, National Alliance on Mental Illness (NAMI) and the American Foundation for Suicide Prevention among others to compile a truly impressive, comprehensive resource guide (called the COVID-19 Mental Health Resource Hub) with nearly 40 COVID-19-related articles, free webinars, videos and audio recordings covering topics including mental health and wellness, dealing with anxiety over the current health crisis, parenting during Covid-19, supporting older adults, handling grief, developing coping strategies when dealing with uncertainty, etc. [Click Here](#) to access general resources for individuals.

The PsychHub COVID-19 Mental Health Resource Hub also provides extensive educational information, news, videos, and other resources specific to [veterans](#), [community supporters](#) and [employers](#).

[\*\*PsychHub also has a library of free videos\*\*](#) that address topics as they pertain to the current public health crisis including managing isolation, helping children deal with traumatic events, wellness tips, self-care for caregivers, overcoming sleep difficulties, alcohol use, depression and anxiety in youth, etc.

Mental Health America is offering free access to an amazing recent webinar, [\*\*“Peer, Friend and Self Support in the COVID-19 Crisis: How to Provide Support for Ourselves and Others through Times of Fear and Isolation”\*\*](#). This one-hour video, presented by a nationally renowned peer support and mental health advocate, delivers specific and accessible skills and techniques we can use to maintain our own mental health and simultaneously support those around us. [Click Here](#) to go directly to the YouTube Channel and video.

For stories of persons with lived experience of suicidality and finding hope, refer to [\*\*www.lifelineforattempturvivors.org\*\*](http://www.lifelineforattempturvivors.org).

[\*\*“The Implications of COVID-19 for Mental Health and Substance Use”\*\*](#) –Report from the Kaiser Family Foundation published April 21, 2020:

- Nearly half of U.S. adults report the pandemic has had significant negative impact on their mental health.

- A broad body of research has linked social isolation to poor mental and physical health.
- The negative impact on mental health may be highest among households with children or adolescents and among older adults.
- Research also shows that job loss is associated with increased depression, anxiety, distress, and low self-esteem; and may lead to higher rates of substance use disorder.

**[The LiveWell Foundation](#)** – volunteer-run, peer-led public mental health program supporting recovery from depression – offers free peer-led, curriculum-based support groups both online and community-based for those dealing with or in recovery from depression

CDC information about the Covid-19 virus and resources and recommendations for coping with stress and anxiety (for adults, parents, responders and caregivers) over the pandemic - [Click Here](#)

**[Mental Health America: Covid 19 Information and Resources](#)**

**[www.mhanational.org](http://www.mhanational.org)** – contains a wealth of information and resources regarding the following topics relevant to the public health emergency: mental health information for disease outbreaks, financial support, tools and information on anxiety, tools to connect with others. It also includes comprehensive resources for caregivers, parents, older adults, domestic violence survivors, veterans and LGBTQ+ individuals

Tips from **[Mental Health First Aid Curriculum](#)** so you can #BetheDifference care for yourself and your loved ones' mental health.

**[Call to Mind \(www.calltomindnow.org\)](http://www.calltomindnow.org)** offers free access to a great **[mental health blog](#)** that discusses topics related to COVID-19 such as as living with an existing mental health condition, finding mental health care, etc.

**[“Tips for Coping with Coronavirus-Induced Anxiety”](#)** by Dr. Larry Richard from What Makes Lawyers Tick? at **[lawyerbrainblog.com](http://lawyerbrainblog.com)**

**[“Taking Care of Your Mental Health in the Face of Uncertainty,”](#)** published by the American Foundation for Suicide Prevention.

**[Social Isolation and Mental Health during COVID-19](#)** – by the Jason Foundation, which is dedicated to the prevention of youth suicide

[Mindfulness in Law Society's](#) - free online resources

[How the Wisdom of 12-Step Programs Can Help Get Us through April - Seven practices to help you navigate quarantine](#) by Scott Allison, PhD in *Psychology Today*

[“For Those with OCD, a Threat that is both Heightened and Familiar”](#) by Katherine Rosman, New York Times April 3, 2020 (specific to the current health crisis)

NAMI also offers these [tips for people with mental illness](#). The meeting listed below are available for ALL.

Free General Mental Health Support Virtual Meetings and Resources from the Pennsylvania Chapters of NAMI (National Alliance on Mental Illness)

- Daily schedule of free Zoom online and video conference meetings available through [NAMI of Bucks county](#)
- Online meetings and resources available through [NAMI of Montgomery county](#)
  - Free YouTube webinar on [Supporting Your Loved One with Mental Illness During the COVID-19 Isolation](#)
  - [Recovery-Oriented Cognitive Therapy: Suspiciousness and Paranoia During Isolation](#) (PowerPoint presentation)
  - [NAMI Connection Recovery Support Groups](#): This is the zoom link for ALL live online connection groups: <https://zoom.us/j/459376426> or dial in option: 1-929-205-6099 meeting ID 459 376 426

[NAMI Live Online \(Zoom\) Family Support Groups Meeting Schedule](#)  
to join online click here: <https://zoom.us/j/462164157> or to join via phone dial 1-929-205-6099 and enter [meeting ID 462 164 157](#)

## NC NAMI

*Thursdays with NAMI* is being offered *virtually* every Thursday, from 7pm-8:30pm, NAMI NC's Director of Programs, Peg Morrison will host a different video conferencing session covering topics of meditation, healthy coping skills, and also interviewing special guests. *Thursdays with NAMI* is free to attend, but [registration \(here\) is required](#).

- [NAMI Mainline](#) offers free mental health resources including chat rooms, help lines, tips on coping and virtual support groups

[National Alliance on Mental Illness](#) (NAMI) offers discussion groups and blog for people with mental illness and family members.

**NAMI Guide - [Coronavirus: Mental Health Coping Strategies](#)**

[Emotions Anonymous](#) international fellowship of people who desire to have a better sense of emotional well-being. Online weekly meetings available

[Depression and Bipolar Support](#) offers online support groups 3 day a week for people with mood disorders. Also has an online parent community

[Depression Forums](#) is a website and bulletin board with information, links, live chat and more for people who have mood disorders.

**Depression Understood** offers forums and chatrooms for people with depression [www.depression-understood.org](http://www.depression-understood.org)

**GovTeen** is a forum for and by teens with mental health problems and other topics. [www.govteen.org](http://www.govteen.org)

**GriefNet** offers dozens of email support groups for adults and children. [www.griefnet.org](http://www.griefnet.org)

**OK2Talk** is online blog for teens and youth to share their feelings about mental illness. [www.ok2talk.org](http://www.ok2talk.org)

[Psych Central Community Connection](#) offers many different online forums related to mental health.

**ReachOut** Sponsored by SAMHSA and Inspire USA Foundation, reachout.com is a teen site with facts, real stories, support and forums. [www.reachout.com](http://www.reachout.com)

**Recovery International** offers telephone and online meetings as well as online forums [www.recoveryinternational.org](http://www.recoveryinternational.org)

**Survivors of Incest Anonymous** offers on-line and phone meetings for adult survivors of childhood sexual abuse [www.siawso.org](http://www.siawso.org)

Vital Cycles offers online and phone meetings to aid in healing from trauma  
[www.vitalcycles.org](http://www.vitalcycles.org)

[“Staying Mentally Healthy during the Corona Virus.”](#) published by The Change Direction initiative

## SUBSTANCE USE RECOVERY RESOURCES

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If you or your loved one is ready to seek treatment for a substance use disorder, contact **North Carolina’s Drug and Alcohol Council (1-888-688-4862)** for resources and comprehensive support.

**Hazelden Betty Ford is offering a Virtual Family Program for families dealing with the addiction of a loved one.** Topics include:

- Addiction as a disease
- Impact of Addiction on the Family
- Boundaries and communication
- The value of the twelve steps and spirituality
- Recovery management for families
- Unhealthy ‘helping’ and detaching with love

Trainings are ongoing every week. Click on any of the links below to register. Please note these are Central standard times.

- [Tuesdays, 10:30 a.m.-6:30 p.m. CDT](#)
- [Wednesdays, 10 a.m.-5:30 p.m. CDT](#)
- [Thursdays, 8:30 a.m.-5:30 p.m. CDT](#)
- [Thursdays, 8:30 a.m.-5:30 p.m. CDT](#) (Structured for parents/guardians and siblings of loved ones ages 12-23)
- [Fridays, 10:30 a.m.-6:30 p.m. CDT](#)
- [Saturdays, 8:30 a.m.-5:30 p.m. CDT](#)

[Let’s Talk Recovery Podcast on Emotional Sobriety](#) by William Moyers and Dr. Allen Berger:

Part 1: Achieving Emotional Sobriety: Coping with Life on Life’s Terms

Part 2: Achieving Emotional Sobriety: Staying Centered and Connected

(Audio and transcript available)

[“How Being Black Can Shape Your Recovery Experience”](#) by Jocelyn Harvey for The Temper on March 29, 2019

### **Free Video Webinars from the Caron Foundation:**

- **[Getting High during Harrowing Times: Risks and Repercussions of Marijuana Use during the Pandemic](#)**
- **[Vaping: Dispelling the Myths and Uncovering the Risks in the Wake of COVID-19](#)**

**[Allies in Recovery \(www.alliesinrecovery.net\)](http://www.alliesinrecovery.net)** is offering FREE CRAFT TRAINING for families and professionals during COVID-19. Community Reinforcement and Family Training is an evidence-based methods of communicating with a loved one, friend or peer who is struggling with active addiction. Also check out the **[Center for Motivation and Change](#)**, which offers trainings and additional insight into this groundbreaking and scientifically sound approach. Community Reinforcement and Family Training (CRAFT) teaches family and friends effective strategies for helping their loved one to change and for feeling better themselves. CRAFT works to affect the loved one's behavior by changing the way the family interacts with him or her. It is designed to accomplish three goals:

1. When a loved one is abusing substances and refusing to get help, CRAFT helps families move their loved one toward treatment.
2. CRAFT helps reduce the loved one's alcohol and drug use, whether or not the loved one has engaged in treatment yet.
3. CRAFT improves the lives of the concerned family and friends.

Free 40-minute educational seminars available to view on Facebook, sponsored by Promises:

- **[The Grateful Brain](#)** by Julie Moss, LPC
- **[Healing Trauma through Yoga](#)** and 12 Step Recovery

### **[“Narcotics Anonymous Research Review: Scientific Studies on Narcotics Anonymous”](#)** by William

White, Marc Gallanter, MD, Keith Humphreys, PhD and John Kelly, PhD

**[“Addiction Begins with Solving a Problem, the Problem of Human Pain, Emotional Pain”](#)** (article and video) by Laurie Udesky from ACEs Connection featuring addiction medicine specialist Dr. Gabor Mate. A discussion of how trauma predisposes individuals to addiction

SMART Recovery – View the brief **[Introduction to SMART Recovery's Family and Friends Program](#)** (YouTube video), which is based on the evidence-based Community

Reinforcement and Family Training (CRAFT) approach to helping a peer or loved one who has a substance use disorder.

**[“Recovery After the Pandemic”](#)** – by William L. White, M.A., Emeritus Research Consultant Chestnut Health Systems; posted 2020 at [www.williamwhitepapers.com](http://www.williamwhitepapers.com)- discusses the effect of the novel coronavirus pandemic on the future of addiction treatment and recovery

**[Center for Motivation and Change has compiled a ‘care package’](#)** of resources on their site including guided meditation, and articles such as “It’s OK to Cry: Responding to a Global Crisis” and “Support for Family and Loved Ones”

**[“Recognizing and Preventing Relapse during COVID-19”](#)**- piece by Jessica Molavi, MA, ACRPS, Gorski Relapse Prevention Specialist

**[“Co-Occurring Disorders: Addiction & Mental Health”](#)** – from the [Shatterproof](#) website

**[“Post-Acute Withdrawal Syndrome: The Lingering Effects of Drug and Alcohol Withdrawal and How You Can Manage Them”](#)** – written by the Hazelden Betty Ford Foundation October 31, 2019

**[“Stop. Be Present. Listen. Why Motivational Interviewing is an Important Tool in Recovery”](#)** –free podcast with Dr. Molly Magill from SMART Recovery

**[“Why COVID-19 Can Be ‘Toxic’ for People in Alcohol Recovery”](#)** – article by Laura Santhanam posted on PBS News Hour on April 23, 2020

**[“Second Chances” - 6-minute mini-documentary on YouTube by Chris Merritt starring LCL-PA’s very own Executive Director, Laurie Besden, Esq.](#)** It highlights the parallels between the stigma associated with substance use disorders and pit bulls (both illusions) and focuses on the fact that those of us fortunate enough to be given a “second chance,” human or K9, use it to do magical and mountain- moving endeavors.

**[New Digital Tracking Tool to Help You Track Your Alcohol Intake](#)** and **[“Rethinking Drinking.”](#)** a free online toolkit and interactive worksheets to help you make informed choices about your drinking from the NIH’s National Institute on Alcohol Abuse and Alcoholism

[The Herren Project](#) - Free, [online support groups moderated by trained clinicians via Zoom platform for spouses, families, and parents who care about someone with a substance use disorder.](#)

- They also offer [online grief support groups, moderated by a trained clinician, for those who have lost a loved one to a substance use disorder.](#)

[Partnership for Drug-Free Kids is offering online support](#) for parents and caregivers. Families are facing unprecedented challenges due to circumstances surrounding COVID-19. In response, we invite you to join our free online support groups offered 4 days/week community for parents and caregivers who may have children (even adult children) experimenting with, or dependent on, substances. *Helpline specialists and specially trained parent coaches* will host a series of live online gatherings to share insight and ideas on managing teen and adult children during this unique time. These gatherings are an opportunity to find support and connection along with tangible guidance on addressing substance use in the home, accessing treatment and ensuring continuous care during this crisis.

[Parent Partnership online meetings](#) sponsored by [Be a Part of the Conversation](#), which address substance use, misuse and addiction and its impact on individuals and families.

[“Google, Facebook, Twitter team up to support addiction recovery during pandemic”](#) by Daniel Bukszpan from CNBC, updated April 26 2020. The tech giants have partnered to launch Tech Together, an online platform to offer support to individuals with substance use disorders

[“Addiction Resources during the COVID-19 Pandemic”](#) from Shatterproof- Excellent information and comprehensive resources for maintaining or seeking treatment, recovery support, self-care, supporting a loved one, harm reduction, grief, and resources for veterans

North Carolina LAP’s [“Mental and Emotional Well-Being Tool Kit for People Already In or Seeking Recovery”](#)

[“Session 1- - Fear and Anxiety during these Challenging Times - Recovery Matters”](#) - free video on Vimeo by Dr. Allen Berger, PhD, nationally renowned author and expert on the science of recovery [“Session Two - Fear and Anxiety During these Challenging Times - Recovery Matters”](#) - free video on Vimeo by Dr. Allen Berger, PhD, nationally renowned author and expert on the science of recovery

### **[Coronavirus \(COVID-19\) Guidance: Patients Engaged in Substance Use Treatment](#)**

by Yale Program in Addiction Medicine; guidance for maintaining treatment and recovery during the pandemic

**[The Center for Motivation and Change](#)** has timely articles and resources regarding substance use treatment and recovery support for individuals and families. It also has a 20' guide on how you may steer a loved one towards treatment with the highest chance of success.

**[National Institute on Drug Abuse](#)** has an updated webpage offering resources, articles and information on how the pandemic is affecting those actively misusing substances and those in recovery.

**[Center on Addiction](#)** is a national non-profit committed to supporting the whole family as they address a loved one's substance use. They offer [free services](#) and family support from staff clinicians and specially trained parent coaches.

**["To Those in Recovery: You've Got This!"](#)** Written by LCL-PA's Executive Director, Laurie Besden, Esq. Posted on ABA CoLAP's newsletter on March 27, 2020

### **[Free Hazelden Apps: <https://www.hazeldenbettyford.org/recovery/tools/apps>](https://www.hazeldenbettyford.org/recovery/tools/apps)**

- [Twenty Four Hours a Day: Recovery Meditations](#)
- [Field Guide to Life](#)
- [My Sober Life: Young Adult Recovery Support](#)
- [Inspirations: Recovery Meditations](#)

### **[AA General Serviced Office: COVID 19 Information](#)**

**Medication Assisted Recovery Anonymous (MARA)** – recovery support for those on medication assisted treatment (methadone, buprenorphine, naltrexone Click on [MARA Zoom Meetings](#)

**The Daily Pledge** - free chat rooms, online meetings, family and individual resources sponsored by Hazelden Betty Ford - [Click Here](#)

**Recovery Link** – free recovery support during pandemic (meetings, peer support, physical activities) - [Click Here](#)

**Connections Smartphone App** – free app scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement - [Click Here](#)

- Track your sobriety, access e-therapy to learn new recovery skills,
- Connect with trained counselors and peers through messaging,

- Clinical support available 7 days/week, 9am -10 pm EST
- Track your treatment plan and set reminders, journal daily about your journey,
- And discover helpful videos, testimonials and more through the unique resource library.

**WeConnect App** - free online support meetings 5x/day, 7 days/week (including meetings for women, LGBTQ+ , and for family and loved ones - [Click Here](#)

**Shatterproof**- an informational blog for people in recovery during Covid-19 - [Click Here](#)

**Free Podcasts:**

- Recovery Road (Hazelden) o [Parenting a Child with a Substance Use Disorder](#) -Dr. Joseph Lee
- [Finding Value in Our Lowest Moments](#)- Returning to Step 1
- [The Importance of Self Care in Grief: Good Grief during the Pandemic: Loss Without Losing Everything](#)
- [Crisis and Creativity for People in Recovery](#)
- [Grandparents during the Pandemic: Signs You May Need Some Help](#)
- Hazelden Betty Ford Let's Talk: Addiction & Recovery - podcasts about substance use treatment and recovery and related topics - [Click Here](#)
- Shatterproof: [5 Great Podcasts about Addiction and Recovery](#)
- Center for Motivation and Change's [The Beyond Addiction Show](#) with Dr. Josh King
- SobrieTea Party - [Recovery Rocks](#) podcast
- [My Child and Addiction](#) - a parent to parent free podcast series

[How the Wisdom of 12-Step Programs Can Help Get Us through April - Seven practices to help you navigate quarantine](#) by Scott Allison, PhD in *Psychology Today*

## Online and Virtual Recovery Support Resource List

(Thanks to Pro-A for compiling most of this list. [www.pro-a.org](http://www.pro-a.org))

**Alcoholics Anonymous** – Offers on line support through their online intergroup link [here](#)

**Al-Anon** - Online support meetings for loved ones of individuals with substance use disorder link [here](#)

**Chronic Pain Anonymous** - video meetings link [here](#)

**Cocaine Anonymous** – Online Services for CA link [here](#)

**In the Rooms - Online Recovery Meetings** - In The Rooms with a simple goal in mind: to give recovering addicts a place to meet and socialize when they're not in face-to-face meetings. A global online community with over 500,000 members who share their strength and experience with one another daily. Through live meetings, discussion groups, and all the other tools In the Rooms. Link [here](#)

**LifeRing** – Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. LifeRing Secular Recovery on line support link [here](#)

**Marijuana Anonymous** – District 13 online fellowship of people who share our experience, strength, and hope with one another to solve common problem and help others to recover from pot addiction. Link [here](#) **Narcotics Anonymous** – Offers a variety of online and skype meeting options. Link [here](#)

**The Phoenix** – Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID Crisis. Link [here](#)

**Recovery Dharma** - Offers online support meetings with buddhist-based philosophy. Link [here](#)

**Reddit Recovery** – Redditors in recovery to hang out, share experiences, and support each other. Discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. Link [here](#)

**Refuge Recovery** – Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. This program is an approach to recovery that understands: All individuals have the power and potential to free themselves from the suffering that is caused by addiction. Link to online support [here](#)

**SMART Recovery** – Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. They offer online support and forums including a chat room and message board. Link [here](#)

**Soberocity** – Soberocity could be a great solution for you if you're looking for an online community that occasionally also has live events across the country. Link [here](#)

**Sobergrid** – A platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same. Link [here](#)

**Soberistas** – International Online Recovery Community online-only community is worldwide, which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other kick the booze and stay sober. Link- [Here](#)

**Sober Recovery** - The forums of Sober Recovery are a great place for people with substance use disorder to find assistance and helpful information. The community has more than 168,000 people who are recovering from substance use disorder and/or codependence, as well as their friends and family. Link [here](#)

**We Connect Recovery** - Online recovery support groups will be available daily. They are open to anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns. Everyone is welcome no matter your pathway to recovery or recovery status. Link [here](#)

## **PRO-A Online and Virtual Family Recovery Support Resource List**

**Adult Children of Alcoholics** – Program of men and women who grew up in dysfunctional homes that provides a safe, non-judgmental environment with online, telephone, and audio support. [Link Here](#)

**Al-Anon Electronic Meetings** – Offers online hope to anyone who is affected by alcoholism in a family member or friend through their online intergroup. [Link Here](#)

**Alateen** – Offers support for young people who have been impacted by another’s alcohol use. [Link Here](#)

**Center for Disease Control:**

- **Helping Children Cope with Emergencies:** Tips for helping children coping with disaster. [Link Here](#)
- **Managing Anxiety and Stress:** Resource page and suggestions for dealing with COVID-19. [Link Here](#)
- **Taking Care of Your Emotional Health:** Resource for emotional health needs. [Link Here](#)

**CoDependent Anonymous** – CODA has online and phone meetings across the globe. [Link Here](#)

**Families Anonymous** – FA is a 12-step fellowship for the family and friends of those individuals with alcohol or substance use or related behavioral issues. Group chat, online and phone meetings available. [Link Here](#)

**Gam-Anon** – Serving the community of individuals who have been affected by the gambling problem of a loved one. [Link Here](#) Hotline number: 718-352-1671.

**National Suicide Prevention Lifeline:** 1-800-273-TALK (24/7).

**Nar-Anon** – Offers support primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to them or loved ones with a substance use disorder. [Link Here](#)

**Parents of Addicted Loved Ones** – PAL is a Christian-run, non-profit group in support of parents with a child with a substance use disorder. Online Meetings available. [Link Here](#)

**SMART Recovery Family and Friends** - A Family & Friends message board forum and live chat room for additional support are available. [Link Here](#)

**Substance Abuse and Mental Health Services Administration:**

- **Guide:** Helping a Loved One Dealing with Mental/and or Substance Use Disorders. [Link Here](#)
- **National Helpline for Treatment** (Mental and/or Substance Use Disorders) 1-800-662-HELP (24/7).
- **Tips for Social Distancing, Quarantine, and Isolation** During an Infectious Disease Outbreak [Link Here](#)
- **Disaster Distress Hotline:** 1-800-985-5990, or Text *TalkWithUs* to 66746.
- **Virtual Recovery Resources** “Tips and resources for those with a mental/SUD”. [Link Here](#)

IDONTMIND

# Just Checking In

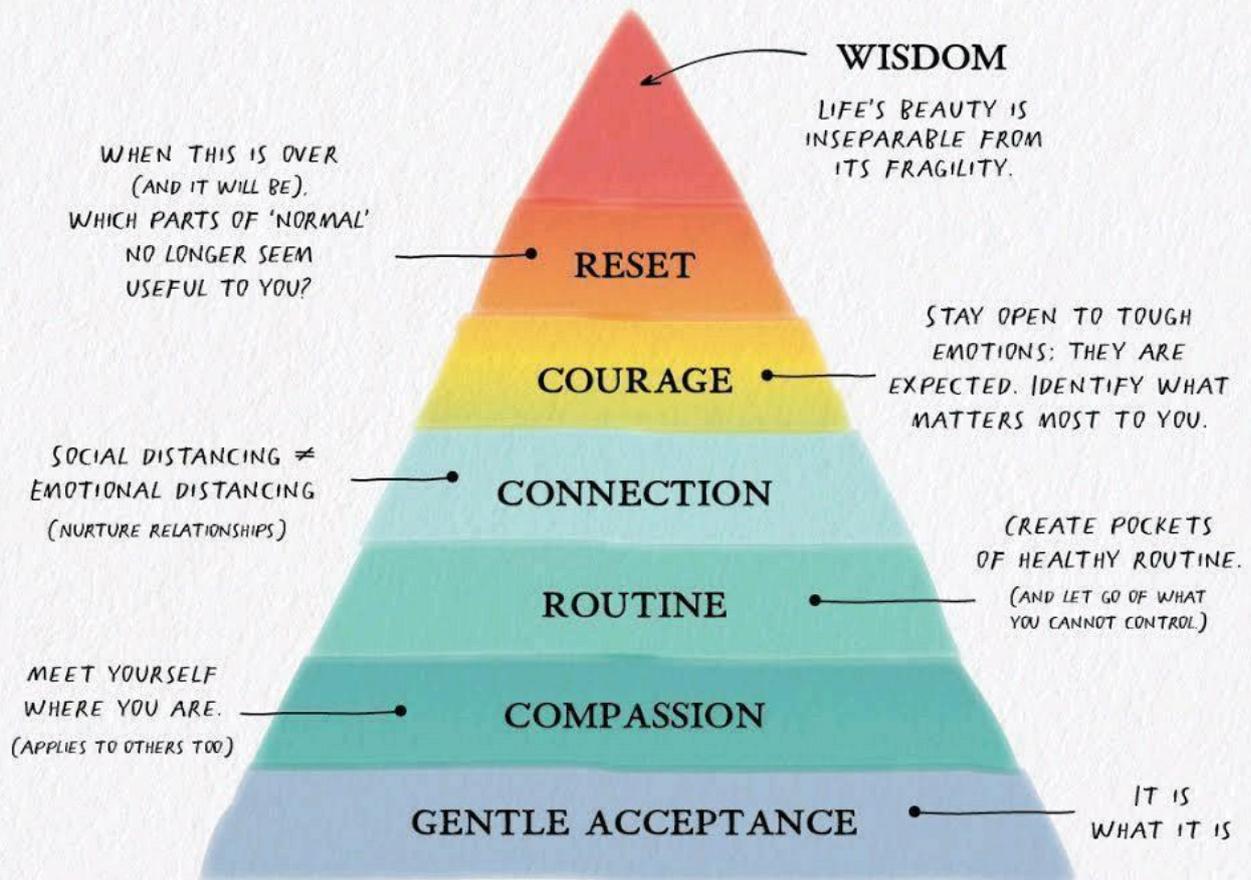
Ten simple questions to check in  
on someone's mental health

1. How are you feeling today, really? Physically and mentally.
2. What's taking up most of your headspace right now?
3. What was your last full meal, and have you been drinking enough water?
4. How have you been sleeping?
5. What have you been doing for exercise?
6. What did you do today that made you feel good?
7. What's something you can do today that would be good for you?
8. What's something you're looking forward to in the next few days?
9. What's something we can do together this week, even if we're apart?
10. What are you grateful for right now?

# EMOTIONAL PYRAMID OF NEEDS

SUSAN DAVID

EMOTIONAL  
AGILITY



We may not be able to go outside, but we can go inside.

# WHAT IS MINDFULNESS?

*Mindfulness is...*

Observing your life as it is happening



Accepting your current situation without judgement or struggle



Allowing feelings to exist without letting them drive your actions



Noticing thoughts as they arise without the need to buy into them



Taking action based on what you feel in your heart rather than old habits or short term convenience

Let's Support Each Other as We Try to Reach the 'Growth Zone'!

