Mental Health and the COVID-19 Pandemic

<http://www.camh.ca/covid19>

[World Economic Forum](https://www.weforum.org/agenda/2020/03/covid19-coronavirus-mental-health-expert-insights/)

<https://www.weforum.org/agenda/2020/03/covid19-coronavirus-mental-health-expert-insights/>

[New Brunswick Teacher’s Federation](https://www.teacherwellness.ca/misc/Covid-19_self_care_General.pdf)

<https://www.teacherwellness.ca/misc/Covid-19_self_care_General.pdf>

[United Nations Wellness during COVID-19](https://www.un.org/en/coronavirus/wellness)

<https://www.un.org/en/coronavirus/wellness>

How to Meditate

<https://www.nytimes.com/guides/well/how-to-meditate?action=click&module=RelatedLinks&pgtype=Article&redirect=true>

The Awake Network - Free Mindfulness resources

<https://www.theawakenetwork.com/free-online-meditation-resources-for-the-time-of-social-distancing/>

TEDTalk – Why we all need to practice emotional first aid

<https://www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid>

That Discomfort you’re feeling is Grief

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

Great resources on the TEND Academy website including this

<https://www.tendacademy.ca/leaders-are-people-too/>

The Crisis Kit <https://positivepsychology.com/wp-content/uploads/The-Crisis-Kit.pdf>