

Appreciations for contributions from Nyra Hill, Tina Siragusa, Anne Mader, Martha Golden and the entire TAP Clinic. Thanks, John

Favorite Resources at this Time of Coping with Covid

DBT Skills-based Resources

- Skills to remain active and connected while practicing social distancing!
www.tapclinicnc.com/copy-of-covid-19-policy-6
- Why I am Freaking Out and other relevant Covid-related Coaching Calls from a DBT Therapist. www.tapclinicnc.com/copy-of-covid-19-policy-3
- DBT trainings and videos to cope when in high distress or emotional misery.
www.nowmattersnow.org/get-involved
- Managing Fear and Grief (in Ourselves and our Families) with Alan Fruzzetti, PhD and more helpful videos at www.borderlinepersonalitydisorder.org/webinars/
- Charlie Swenson's DBT podcast To Hell and Back. Check out [Episode 72: Italy, the US, the pandemic and DBT](#) (part 2 of 2). I recommend starting with part 2. Note: part 1 has some graphic descriptions.
- [DBT Skills for a Pandemic](#), Julie Matsen, Augusta University Medical College of Georgia.
- DBT-Rutgers has a delightful new series of [animated DBT skills training videos](#).
- From our neighboring Chatham County Schools, Christian Fisher presents [DBT skills for coping with the pandemic](#).
- Here's how to have a household or family meeting that could really work. First Principle: Listening is being prepared to be changed by what you hear. While not DBT per se, this method uses dialectical framing, validating, change and acceptance strategies.
www.nytimes.com/2020/04/09/well/family/coronavirus-quarantine-conflict-family-meeting.html

ACT Resources

- Wonderful essay by Steve Hayes, [The Ordinary Corona Hero](#).
www.psychologytoday.com/us/blog/get-out-your-mind/202003/the-ordinary-corona-a-hero-you

- [FACE COVID](#) by Russ Harris. Also in Spanish.
- ACT Resources to stay grounded and connected.
[mailchi.mp/praxiscet/free-resources-and-training-to-help-during-covid-19?e=5395171149](mailto:praxiscet@praxiscet.com)

Supportive, meaningful, on the lighter side

- All of this is present in www.saturdaynightseder.com/
- [Different World, Same Me](#) by Michele Price, Sarah Spagnoli, & Ben Price. A story to acknowledge the feelings that children have at this time.
- The classic comedy [MASH takes on the Covid Pandemic](#).
- [If everything around you seems dark, look again, you may be the light. - Rumi.](#)
- The Sun Magazine. Expansive mindfulness evoked by the written word. For example, [One Of Us: On The Social Behavior Of Humans And Other Animals](#), Mark W. Moffett. And wonderful quotations.

Everybody remembers the first time they were taught that part of the human race was Other. . . . It's as though I told you that your left hand is not part of your body. Toni Morrison

Mindfulness-related

- Experiential Compassion Meditation. tergar.org/covid-19-message/
- Tara Brach on Covid. youtu.be/DgZETpd9h5s
- Headspace. www.headspace.com/work/covid-19.
- Calm. blog.calm.com/blog/free-resources
- Mindful awareness of how our nervous system copes with stress--Deb Dana on Polyvagal Theory (Stephen Porges). www.youtube.com/watch?v=0f3ErVPMV5w

Additional Resources

- CBT resources for therapists and the public.
beckinstitute.org/covid-19-resources/
- Kristin Neff on Covid and Compassion.
centerformsc.org/10-self-compassion-practices-for-covid-19/
- A YouTube video by Chris Germer and Kristin Neff. youtu.be/v76a5o5X5cQ
- Brene Brown's new podcast. brenebrown.com/podcast/introducing-unlocking-us/
- Art Therapy resources for therapists and the public.
arttherapy.org/covid-19-resources/

- What is next in my life? I am hearing from folks that these long days are prompting deep reflections on living life in a meaningful way. While aimed at young adults, I love these pages of useful questions (more than the quiz) to tune into our values. www.thevectorimpact.com/what-should-i-do-with-my-life/