

Resources for Families of Frontline Healthcare Providers

Connection

[Empathy vs. Sympathy](#)

Emotional Wellbeing

Covid-19 Resources for Emotional Wellbeing

<https://padlet.com/karensteinberggallucci/CopingwCovid>

Emotional Support, Older Adults

<https://padlet.com/karensteinberggallucci/Bookmarks>

Fitness

7-Minute Yoga

downdog.com

Stay Home Workouts

[Work Out with Me](#)

Meditation

Downloadable Meditations for stress management

[Mindfulness Meditation](#)

Mid-day Meditation: UConn Health

Live M-F 12:14 p.m. – 12:30 p.m. 15-minute session

Call 1-415-655-0002 (access code 611 045 371). You must mute your audio to participate.

Parents: Tips during COVID-19

[COVID 19 Resources for Parents, Parent Educators and Clinicians](#)

[Helping My Child Cope](#)

[The Medical Front Line: A Guide to Supporting Your Anxious Child](#)

Self-Care

A Compassion Resilience Toolkit

[Staying Resilient During COVID-19](#)

Lucy Hone: apply scientific research practically in everyday lives

[Three Secrets of Resilient People](#)