School Counseling Resources:

Managing COVID-19 Anxiety:

https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources

Guided Meditations and Exercises:
https://centerformsc.org/practice-msc/guided-meditations-and-exercises/

What to Say (and Not to Say) to Someone with Anxiety:
https://centerformsc.org/practice-msc/guided-meditations-and-exercises/

Child Mind Institute - Coronavirus Resource Center
https://childmind.org/

Talking to a Child about Covid-19
https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource

10 Ways to Ease Coronavirus Anxiety
https://www.nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html

Is There a Right Way to Worry About Coronavirus?
https://www.theguardian.com/us-news/2020/mar/19/coronavirus-anxiety-mental-health-wellbeing

Coronavirus and Children: How to Combat Anxiety
https://www.dutchnews.nl/news/2020/03/coronavirus-and-children-how-to-combat-anxiety/

How to Feel Less Alone, Anxious, and Overwhelmed While You're Stuck in Your House
https://www.phillymag.com/be-well-philly/2020/03/19/coronavirus-anxiety-social-distancing-mental-health-tips/

Experts give tips on dealing with stress and anxiety from the coronavirus pandemic
https://www.abcactionnews.com/news/region-pinellas/experts-give-tips-on-dealing-with-stress-and-anxiety-from-the-coronavirus-pandemic

Coronavirus (COVID-19): managing stress and anxiety
https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety