

## Maintaining Mental Health & Wellness

- [10 Skills to soothe your brain when the news is scary](#) – Emma McAdam
- [Calm Your Coronavirus Fears](#) – Mental Health Association of Maryland
- [Caring for Your Coronavirus Anxiety](#) – Mental Health America & Shine
- [Coronavirus and Maintaining Mental Health](#)– Maryland Department of Health
- [Frequently Asked Questions on Mental Health, Mental Illness, and COVID-19](#) – NAMI
- [How to take care of yourself while Social Distancing](#) – Mental Health First Aid
  - Printable pdf version [here](#)
- [Living with Mental Illness During COVID-19 Outbreak](#) – Mental Health America
- [Managing Anxiety and Stress](#) – Center for Disease Control
- [Take an online mental health screening](#) – Mental Health America
- [Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#) – SAMHSA
- [Tips for Tackling Anxiety](#) – Sheppard Pratt
- [Watch for Lyrid Meteor Shower from Sunday through Wednesday](#)-- CNN News

## Stay Connected with Friends and Family

- [How to support a loved one going through a tough time during COVID-19](#) -Mental Health First Aid
- [Peer support approaches for responding to fear](#) -International Association of Peer Supporters
- [Have a Netflix Party](#)
- Hangout online with one of many free online video-calling apps
- Touch base on social media
- Start a group chat to check in on each other

## Mindfulness and Meditation

- [3 Minute Breathing Space Meditation](#)

## Calm, Clarity, Confidence Meditation

- [Guided Meditations on Spotify](#)

## Things to Do at Home

- [Experience the Virtual UCF Arboretum](#)
- [Stream Opera Performances From Around the World](#)
- [Visit Virtual Exhibits to More than 500 Museums and Galleries Worldwide](#)
- [Watch a Livestream of National Aquarium Exhibits](#)