

Social Blub	Source	Link	
Know you are doing sacred work: In the days ahead you will be called upon to care, comfort, and reassure. You will use the skills you've been working to master. Your work matters.	Wellness in the Time of Corona	https://medicine.yale.edu/news-article/23127/	For PD professionals / staff
Stay hopeful: This crisis will end. Though we're just entering the tunnel today, we will emerge on the other side.	Wellness in the Time of Corona	https://medicine.yale.edu/news-article/23127/	
The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.	Buddha		
8 tips to survive coronavirus anxiety	Today	https://www.today.com/health/how-survive-coronavirus-anxiety-8-tips-mental-health-experts-t175092	
Today, send a little love to the people you care about	Today	https://www.today.com/health/how-survive-coronavirus-anxiety-8-tips-mental-health-experts-t175092	
Taking precaution and being adequately prepared will provide peace of mind.	Ready.gov	https://www.ready.gov/pandemic	
As information about coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions. Here's information to manage fears and anxiety.	UHS Berkeley	https://uhs.berkeley.edu/sites/default/files/fearsanxiety-coronavirus.pdf	
See people as allies in this unique moment of uncertainty.	The Atlantic	https://www.theatlantic.com/health/archive/2020/03/coronavirus-what-you-can-do-help-slow-outbreak/607369/?utm_source=newsletter&utm_medium=email&utm_campaign=atlantic-daily-newsletter&utm_content=20200317&silverid-ref=Mzc2NjE5MjE3OTM4SQ	
The Art of Socializing During a Quarantine	The Atlantic	https://www.theatlantic.com/family/archive/2020/03/coronavirus-quarantine-socializing/608020/?utm_source=newsletter&utm_medium=email&utm_campaign=atlantic-daily-newsletter&utm_content=20200317&silverid-ref=Mzc2NjE5MjE3OTM4SQ	
A Therapist's Guide to Emotional Health in a Pandemic	Lori Gottlieb	https://www.theatlantic.com/family/archive/2020/03/a-therapists-guide-to-emotional-health-in-a-pandemic/608161/?utm_source=newsletter&utm_medium=email&utm_campaign=atlantic-daily-newsletter&utm_content=20200317&silverid-ref=Mzc2NjE5MjE3OTM4SQ	
7 Podcasts for a Healthier Mind and Body	NY Times	https://www.nytimes.com/2020/01/31/arts/podcasts-exercise-diet.html	
Not everyone needs therapy, but we all need someone to talk to. With HearMe, you can anonymously connect with an empathetic HearMe Listener in under a minute, 24 hours a day - for free.	HearMe	https://www.hearme.app/	
With this easy-to-use app, you can practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center.	UCLA	https://www.uclahealth.org/ucla-mindful	
Try the NY Times Scientific 7-Minute Workout	NY Times	https://www.nytimes.com/interactive/projects/well/workouts/	
5 Tips to Practice Workplace Wellness While WFH	Thrive Global	https://thriveworld.com/stories/5-tips-to-practice-workplace-wellness-while-wfh/	
Adults can help by making sure adolescents don't overestimate the dangers or underestimate their ability to protect themselves.	NY Times	https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html	
Caring for Your Mental Health Despite the Coronavirus	McClellan Hospital	https://www.mcclellanhospital.org/news/caring-your-mental-health-despite-coronavirus	
"Although the world is full of suffering, it is also full of the overcoming of it."	Helen Keller		
10 Ways to Maintain a Positive Mindset in the Corona Era	Thrive Global	https://thriveworld.com/stories/9-ways-to-maintain-a-positive-mindset-in-the-corona-era/	
During this time of social distancing, JewishLIVE is curating the Jewish you want and need, in one place. If you know of a live-streaming or online event you'd like to see on JewishLIVE, fill out this form	JewishLive	https://www.facebook.com/groups/jewishlivegroup	
List of local organizations that need help	locally-drien		
Looking for ideas for virtual programs and hang-outs?	JumpSpark	https://docs.google.com/document/d/1emyB8mGXkvF1y081cNOLILEVqqFoV44XgJ8Tk1zTKIA/edit	
Hillel@Home has virtual meet-ups and online gatherings that bring you together with Jewish and Jew-ish students from around the world in real-time!	Hillel International	https://welcome.hillel.org/hillelathome/	
Taking care of one's self is essential to taking care of the community and taking care of the community is essential to taking care of one's self. How do Jewish values apply in the context of the coronavirus?	Moving Traditions	https://www.movingtraditions.org/coronavirus/	
You can still create a meaningful Seder experience even though this	Repair the World	https://wererepair.org/passover/	
@BBYO's #BBYOonDemand is an all-new virtual experience for #JevBBYO		https://azabbg.bbyo.org/on-demand/home	