**Here are some helpful articles to read to support you, your families and your colleagues adapt to the changing landscape:**

**Mental Health in a Time of Pandemic**

[https://thriveglobal.com/stories/mental-health-in-a-time-of-pandemic/](https://facebook.us19.list-manage.com/track/click?u=f32f6bae57b09b82fd94328eb&id=1ee0a4644c&e=55291a5c46)

**Mental Health Support for Your and Your Loved Ones**

[https://optionb.org/supporting-mental-health](https://facebook.us19.list-manage.com/track/click?u=f32f6bae57b09b82fd94328eb&id=da2bc7db3f&e=55291a5c46)

**How to Talk to an Anxious Child about CoronaVirus**

[https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about](https://facebook.us19.list-manage.com/track/click?u=f32f6bae57b09b82fd94328eb&id=04f099a8a6&e=55291a5c46)

**Fear and the CoronaVirus**

[https://thriveglobal.com/stories/fear-and-the-coronavirus-why-you-should-not-be-afraid/?utm\_source=Newsletter\_General&utm\_medium=Thrive](https://facebook.us19.list-manage.com/track/click?u=f32f6bae57b09b82fd94328eb&id=7a401210f7&e=55291a5c46)

**Taking Care of Your Mental Health in Times of Uncertainty**

[https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3C5vCR-IqumnBTug\_vI2exV-7yEoRq5dQL\_xRkCD7RwUgES58PhMPxgZw](https://facebook.us19.list-manage.com/track/click?u=f32f6bae57b09b82fd94328eb&id=aae2b38f6f&e=55291a5c46)

**Thriving in a Time of Uncertainty**

[https://thriveglobal.com/stories/5-methods-for-thriving-in-uncertainty/?utm\_source=Newsletter\_General&utm\_medium=Thrive](https://facebook.us19.list-manage.com/track/click?u=f32f6bae57b09b82fd94328eb&id=c86e50fe88&e=55291a5c46)

**How to Manage Anxiety When Working Remotely**

[https://www.businessinsider.com/habits-help-me-manage-anxiety-while-being-self-employed-2020-2?r=US&IR=T#2-prioritizing-self-care-2](https://facebook.us19.list-manage.com/track/click?u=f32f6bae57b09b82fd94328eb&id=f0aec9e1b1&e=55291a5c46)