

Coronavirus Anxiety Workbook



Audience(s): Educators and other Adults

Hyperlink: [Coronavirus Anxiety Workbook](#)

Description

The free (online or downloadable) Coronavirus Anxiety Workbook helps you take control of your emotions by creating a Stress Resilience Action Plan. The workbook is full of helpful information, tips, and ideas to help you develop practices to cultivate your mental wellbeing during this time.

Objective(s)

In this unprecedented period of global uncertainty, it's completely normal to be experiencing a wide range of emotions. Accepting your feelings is an important first step to building resilience. This workbook provides much needed support to manage anxiety related to the Coronavirus.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com