



Resources (compiled 25th March 2020)

Staying connected during Covid-19

Useful links for professionals

- **The British Psychological Society**
<https://www.bps.org.uk/responding-coronavirus>
The British Psychological Society: Coronavirus and UK schools closures: Support and advice for schools and parents/carers
<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Coronavirus%20and%20UK%20schools%20closures%20-%20support%20and%20advice.pdf>
- **Department of Education/Public Health England:** Coronavirus (COVID-19): guidance on vulnerable children and young people
<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people>
- **Adams Psychology Services:** Coping, Resilience & Wellbeing in Uncertain Times: Free Resources
<http://www.adamspsychologyservices.co.uk/coronavirus.html>
- **The Association of Scottish Principal Educational Psychologists:** Covid-19 Resources and Useful Links
https://www.aspep.org.uk/?page_id=744g
- **The Psychologist Magazine:** The Psychologist has compiled contributions that provide a psychological perspective on coronavirus . The page is updated regularly
<https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives>



- **A webpage by Dan O’Hare (Educational Psychologist)** Coronavirus (COVID-19) information for children, families and professionals
<https://edpsy.org.uk/blog/2020/coronavirus-covid-19-information-for-children-families-and-professionals/>
- **Mind, for better mental health:** Corona virus and your wellbeing
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse3d455>
- **Mental Health Foundation:** Looking after your mental health during the Coronavirus outbreak
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- **Scottish Association for Mental Health:** Coronavirus and your mental health
<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing>
- **Beacon house:** website with a range of resources for supporting repair of trauma and adversity. They have a section about staying connected during covid-19
<https://beaconhouse.org.uk/resources/>
- **National Autistic Society:** Information about Coronavirus
<https://www.autism.org.uk/services/helplines/coronavirus.aspx>
- **NHS Lanarkshire Psychological Service:** Managing anxiety in the coronavirus pandemic
<https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/managing-anxiety/>
- **Dr Russ Harris FACE COVID:** This 5 minute video shows how to respond effectively to the corona crisis
https://www.youtube.com/watch?v=BmvNCdpHUYM&fbclid=IwAR365MBuz0qfLPm_ae1Mxg7Vj5xy3E0_WcUeXu1NCspR4oXmtxe5yVFzVM



- **World Health Organisation:** Helping children cope with stress during the 2019-nCoV outbreak
https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
- **World Health Organisation:** Coping with stress during the 2019-nCoV outbreak
https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2
- **ENABLE Scotland:** Information about COVID-19 and the coronavirus.
<https://www.enable.org.uk/wp-content/uploads/2020/03/COVID19-ES15-Coronavirus-Easy-Read-1.pdf>
- **Dr Bruce Perry:** A 16 minute clip where Dr Bruce Perry talks about Neurosequential Network Stress & Resilience in response to COVID
<https://www.youtube.com/watch?v=orwln02h6V4&feature=youtu.be>
- **Dr Karen Treisman** - A 4 minute clip demonstrating the hand breathing relaxation and regulation tool
<https://www.youtube.com/watch?v=NAldSdx-ips>
- **Dr Karen Treisman** - A 6 minute clip: An introduction to a sensory, soothing, regulating, calming, grounding box
<https://www.youtube.com/watch?v=9XyxqWiqLk0>
- **Dr Karen Treisman** - A 3 minute clip: An intro into some rhythmic relaxation ideas including a butterfly hug
<https://youtu.be/e6z6TJ1wQDM>
- **Living Life To The Full: Chris Williams** – How to look after your wellbeing. Lots of free resources and free registration and access to all course resources until June 30th
<https://lltff.com/corona/>



Managing Self-Isolation

TAKING CARE OF YOURSELF IN THE FACE OF COVID-19

Structure your days

DEVELOPING A SENSE OF NORMALITY HELPS FEELINGS OF HOPELESSNESS. SET A ROUTINE AND FOLLOW IT AS BEST YOU CAN (I.E. GET UP, SHOWER, EAT, READ, ETC.)

Engage in Hobbies

ENGAGE IN YOUR HOBBIES. READ, WRITE, WATCH TV. TRY TO SPACE OUT YOUR ACTIVITIES. PICK UP A SKILL YOU'VE WANTED TO DO FOR A WHILE.

Keep Social Contact

TALK TO YOUR FRIENDS AND FAMILY. BEYOND MESSAGING, FACETIME AND SKYPE THEM. SCHEDULE IN TIME TO ENSURE IT'S REGULAR. USE STREAMING PLATFORMS TO WATCH FILMS TOGETHER.

Practice Self-Care

ENSURE YOU ARE TAKING CARE OF YOURSELF. ENGAGE IN GROUNDING TECHNIQUES. DO A FACE MASK. TREAT YOURSELF. DO SOME YOGA. EASE YOUR MIND AND YOUR BODY.

