

Strategies for Coping with Social Isolation and Despair during the COVID-19 Pandemic and Beyond!
AB Korkor Foundation for Mental Health Webinar Series, 6/1/2020 - B. Moser

Selected Resources

Your Brain and Meaningful Life

-Rick Hanson

<https://www.rickhanson.net/explore-your-amazing-brain/>

Well-Being

-UC Berkeley Greater Good Science Center “Science-Based Insights for a Meaningful Life”

<https://greatergood.berkeley.edu/key>

-“6 Daily Questions to Ask Yourself in Quarantine” by Brooke Anderson, 3/24/2020, Greater Good Magazine

https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine

Suicide Prevention

-Prevent Suicide Wisconsin

<https://www.preventsuicidewi.org/>

-Risk Factors and Warning Signs

<https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>

-Safety Plan-My3 App

<https://my3app.org/>

Bystander Suicide Prevention Skills Training

-KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP. (#Bethe1to During COVID-19)

<https://www.bethe1to.com/bethe1to-and-covid-19/>

-QPR <https://qprinstitute.com/>

-Talk Saves Lives <https://afsp.org/talk-saves-lives>

Mindful Self-Compassion

-Center for Mindful Self-Compassion: <https://centerformsc.org/>

-Kristin Neff’s website: <https://self-compassion.org/>

-Christopher Germer’s website: <https://chrisgermer.com/>

-Neff, K. and Germer, C. (2018). The Mindful Self-Compassion Workbook: New York, Guilford Press.