In this time of uncertainty, it is imperative that we take an active approach in taking care of our mental health. Managing anxiety, isolation, and stress is hard, specially during times of crisis. This compilation of online resources aims to provide that bit of extra support to cope with the current circumstances.

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Managing anxiety

Oxford Mindfulness Centre
https://oxfordmindfulness.org/

MIND advice on Coronavirus and your wellbeing (includes advice for managing self-isolation).
https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

Looking after your mental health during the Coronavirus outbreak
https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

Health and other forms of Anxiety and Coronavirus, Anxiety Foundation, UK.

Health and other forms of Anxiety and Coronavirus Part 2, Anxiety Foundation, UK.

What to do if you are anxious about coronavirus, Young Minds.
https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/

Coronavirus anxiety: how to cope if you’re feeling anxious about the outbreak, BACP.

Managing Anxiety & Stress, Center of Disease Control, USA.

Coping with stress during infectious disease outbreaks

Guidance on Coronavirus for HIV+
Coronavirus Anxiety - Helpful Expert Tips & Resources, Anxiety and Depression Association of America.
https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources?fbclid=IwAR1Z4otaXf9xEhNeziLWbpUI7ypNuplZRNHK5mcw5_oFt4MD3j3v0hH2S08

The ABCD of Coronavirus Anxiety, Mumologist.
https://www.mumologist.com/blog/coronavirus?fbclid=IwAR2UrG96wybpjGBNb36khl8tDvfuppmILMAyhMfm6vgfh4JMatkRw1Cv1hpM

Protecting your mental health during the Coronavirus outbreak, AFSP.
https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3ndEHJKLmpFxdxirRGKBoXTej3PrcxQ-FSNkUPfk4BcPqDkoMTUoTpUxQ

Coronavirus: How to protect your mental health, BBC.
https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR3pWTCFOE6DYoiMLrVyBnVjuO3Uzad1gJ65737ILipwfGGEkjj5oloapF4

Managing self-isolation

Self-care, University of Oxford.
https://www.ox.ac.uk/students/welfare/counselling/self-help/self-care?wssl=1

Looking after your mental health while self-isolating.
https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/

How to look after your mental health and well-being if you are self-isolating, BACP.

15 ways to practice self-care in the time of coronavirus, Quartz

Everything you need to know about self-isolation, Good Housekeeping. https://www.goodhousekeeping.com/uk/health/health-advice/a31390884/how-to-self-isolate/


Mental ill-Health and Neurodiverse community

“People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms” CDC, USA.


Families & Children

How to talk to children about COVID-19, Anxiety UK https://www.anxietyuk.org.uk/blog/how-to-talk-to-children-about-covid-19/
The family lockdown guide, The Guardian.  

Activity ideas for kids during self-isolation
https://www.workingmums.co.uk/activity-ideas-for-kids-during-self-isolation/

Additional support

Oxford University Coffee Ambassadors
https://www.oucoffeeambassadors.com/

Oxford nightline.
https://oxfordnightline.org/

The Help Hub - providing free 20-minute online therapy
https://www.thehelphub.co.uk/ - still under construction

Keep yourself distracted

Vice, ‘100 useful things you can do to kill boredom if you’re quarantined at home’

3 reasons to meditate in the battle against coronavirus, Psychology today.

22 ways to leave home without actually leaving the couch, the Insider.

Zoos and aquariums live streaming,

Virtual museum tours
https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0Mgn8mRQmi9lUL8EQ2ZsJWMfSHZjQUMB4Qzt_hlVFaP1FoMxJspN5-mg
Sudoku online
https://www.247sudoku.com/

Food & Cooking

Making Health and nutrition a priority during the coronavirus (COVID-19) pandemic, American Society for Nutrition

The Guardian, ‘The lockdown larder’

Coronavirus quarantine recipes

Coronavirus self-isolation recipes
https://www.standard.co.uk/go/london/restaurants/coronavirus-self-isolation-recipes-london-chefs-a4390406.html

Half Baked Harvest Cooking blog
www.halfbakedharvest.com

Take care of your body.
Take care of your mind.
Be safe.

This list of resources was compiled by Oxford University’s MCR Welfare Officers and staff for its internal dissemination.