

Resource Page for
Trying Times: Stress, Anxiety, Depression and Grief
A Webinar by Shelley Mackaman, PhD, and Wayne Duncan, PhD

I. Resources

A. General Coronavirus information

1. **Johns Hopkins University Coronavirus Resource Center:**
<https://coronavirus.jhu.edu/>
2. **Centers for Disease Control and Prevention (CDC):**
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
3. **King County Public Health Department COVID-19 Resource Center:**
<https://www.kingcounty.gov/depts/health/covid-19.aspx>

B. Child/family resources

1. **National Child Traumatic Stress Network:** “Supporting Children During Coronavirus”: <https://www.nctsn.org/resources/supporting-children-during-coronavirus-covid19>
2. **World Health Organization (WHO):** Coping with stress during the 2019-nCoV outbreak: https://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/general-public/stress/stress.jpg?sfvrsn=b8974505_14
3. **Children’s book on coronaviruses by Manuela Molina at www.mindheart.co:**
https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_0a595408de2e4bfcbf1539dcf6ba4b89.pdf

C. Faith resources

1. **St. Mark’s Cathedral Children & Family Ministries’** webpage (<https://saintmarks.org/learn/children/children-and-families-during-the-cathedral-closure/>) and podcast: on iTunes here: <https://podcasts.apple.com/us/podcast/prayer-podcast-for-children-and-families/id1514063270>; or on SoundCloud: <https://m.soundcloud.com/user-435553030/sets/smc-prayer-podcast>
2. Richard Rohr’s **Daily Meditation:** Daily meditations emailed from the Center for Action & Contemplation: www.cac.org
3. **StillSpeaking Daily Devotionals:** Short reflections by diverse clergy on the lectionary readings: https://www.ucc.org/daily_devotional

D. Writings for the Pandemic

1. "For the exhausted and overwhelmed": <https://onbeing.org/starting-points/for-the-exhausted-and-overwhelmed/>
2. "Poems for the Pandemic" by Kim Stafford, Lewis & Clark College professor and Oregon Poet Laureate: <https://projects.oregonlive.com/kim-stafford/>

E. Journaling

Opening Up by Writing It Down: How Expressive Writing Improves Help and Eases Emotional Pain (3rd edition). by James W. Pennebaker, Ph.D., & Joshua M. Smyth, Ph.D. (New York: Guilford Press 2016).

F. Ambiguous Loss

1. Boss, Pauline. (1999). *Ambiguous Loss: Learning to Live with Unresolved Grief*. Boston, MA: Harvard University Press.
2. Website: www.ambiguousloss.com
3. Interview with Krista Tippett: <https://onbeing.org/programs/pauline-boss-navigating-loss-without-closure/#media>

G. Crisis Lines

Crisis Connections (King County 24-hour crisis line): 206.461.3222 or 866.4CRISIS

Domestic Violence Help Lines:

Bellevue/Eastside: LifeWire: 425.746.1940 or 800.827.8840

Seattle: New Beginnings: 206.522.9472

South King County: Dawn: 425.656.7867 or 877.465.7234 (toll free)

Child Protective Services: 866.363.4276 (866.END.HARM)

Substance Abuse and Mental Health Services Administration Disaster Distress Helpline: 800.985.5990

National Suicide Prevention Lifeline: 800.273.TALK (8255)