

**Resources for Caring for Ourselves and Others
During the COVID-19 Pandemic**
Compiled by Mary Ann C. Holtz, LMHC, April 2020
<http://www.stpaulstpete.com/index.php/ministries/counseling>

1) Prayer resources:

a) <https://www.sacredspace.ie/coronavirus> Guided written prayer for a 14 day “isolation” retreat

b) <https://pray-as-you-go.org/retreat/pray-as-you-stay> Guided audio prayer during time of self-isolation

c) My 2 documents “Lectio Divina, Christian Meditation, and Levels of Relationship”, click on my Counseling Ministry link above, (9th and 10th docs in the list)

2) Self-care and care for children/our families:

My “basic three”:

- 1) Present moment living (One Day at a Time): grounding myself in God's presence right here and now, every time I notice I have tensed up and/or am worrying.
- 2) Gratefulness: practicing all through the day, and when wakeful during the night, focusing on specific things, people, events, etc. that I am grateful for. Focusing on “thank you” prayers in place of “please, please” prayers (this shifts our awareness from fearful pleas to thanksgiving and thereby calms our whole being).
- 3) Service: helping others in whatever way I am able and led by God. Examples: offering my distress in solidarity with others who are suffering in similar or more intense ways, calling a friend to check how they are doing, physically helping someone in my home or neighborhood, or making a donation to St Vincent de Paul or Daystar or Partners with Haiti to help with pressing needs right now.

a) **My 2 documents on managing stress:** click on my Counseling Ministry link above, (5th and 6th docs in the list).

b) <https://www.traumaresourceinstitute.com/free-webinars> **2 Free Webinars** Cultivating Our Best Selves in Response to COVID 19 (March 24, 2020) and Cultivating Resilience and Compassion in an At-Home Schooling Environment (March 26, 2020)

And then a **guide in applying the Community Resiliency Model skills:**
an app <http://www.ichillapp.com/>

c) **Free webinars**, guiding you through a method called **Inner Relationship Focusing**. Recordings (starting March 18, 2020) plus a new one weekly. To learn how to be compassionately present to whatever is happening inside you (e.g. feeling anxiety), instead of being taken over by it.

<https://focusingresources.com/weekly-support-for-stressful-times/> When I practice this, I join my compassionate presence with God's compassionate Presence.

d) Greater Good's Guide to Well-Being During Coronavirus

(From online Greater Good magazine, "Science-based Insights for a Meaningful Life")

Practices, resources, and articles for individuals, parents, educators, and health care professionals facing COVID-19.

https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus?utm_source=Greater+Good+Science+Center&utm_campaign=6aa909c762-EMAIL_CAMPAIGN_GG_Newsletter_Mar_19_2020&utm_medium=email&utm_term=0_5ae73e326e-6aa909c762-52414903

e) To help us as we all experience many losses:

<https://www.centerforloss.com/2020/04/nurturing-hope-in-difficult-times/>

<https://www.centerforloss.com/2020/04/coronavirus-six-needs/>

<https://www.youtube.com/watch?v=pSOZAnbzFuA> "We Are Grieving the World We Have Now Lost" Says a Grief Expert

f) A short essay reminding us to cultivate our social connections while we are

social distancing: <https://www.health.harvard.edu/blog/not-a-staycation-isolating-at-home-affects-our-mental-health-and-what-to-do-2020041319519>

3) Practical and physical care resources:

a) <http://www.dailygood.org/story/2483/the-inner-shield-against-covid-19-cynthia-li/> **How to enhance our immune system (our "inner shield").**

b) <https://www.theurbanharvest.com/> The Urban Harvest Help with **starting your own home veggie garden** in Tampa Bay.