

Resources for Managing Coronavirus Anxiety and Stress

The following list contains articles to help you and your family cope with the stress and anxiety related to the Coronavirus. These resources were compiled by Dr. Karen Zagayko, a clinical psychologist at WFP. Please note that these resources are offered by Westhampton Family Psychologists, P.C. as a courtesy to our patient families, and the links provided here do not constitute an endorsement by WFP of the platforms on which resources are found.

Resources for Families

[How to Talk to Your Anxious Child or Teen About Coronavirus](#)

This article is an excellent summary of how to support your child's emotional reactions to stress.

[The National Child Traumatic Stress Network: Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\)](#)

This article provides a great deal of basic information about readiness, reducing risk, and coping with the stress of an infectious disease, including common reactions and ways to help children at different developmental levels from preschool through adolescence.

[Just for Kids: A Comic Exploring the New Coronavirus](#)

This resource is a comic that walks children through what Coronavirus is as well as ways to protect yourself and your friends.

[The family lockdown guide: how to emotionally prepare for coronavirus quarantine](#)

This article offers great ideas about how to handle so much "togetherness."

[The Giant List of Ideas for Being Home with Kids](#)

This Google Doc contains tons of creative ideas to pass the time while your kids are out of school.

Resources For Adults

[Expert Offers Practical Advice to Manage Your Coronavirus Anxiety](#)

This is an interview with UVA professor of psychology, Bethany Teachman offering "insight into how people can manage any anxiety they may be feeling as a result of the novel coronavirus." It includes a discussion of financial concerns as well.

[7 Science-based strategies to cope with coronavirus anxiety](#)

This is an article written by a psychologist at Georgetown University.

[How to Deal with Coronavirus If You Have OCD or Anxiety](#)

This resource contains a discussion of how "the news and well-meaning (and accurate) CDC and WHO guidelines can trigger bouts of intense anxiety and compulsive behavior" as well as ways to cope with such anxiety.