

Links/Resources Mentioned:

Supporting KIDDS- [Supporting Kidds Website](#)

Riverfront Counseling: [Nicole Smith, LPCMH](#)

- [Habits of Empathic People](#) - article discussing ways to cultivate empathy within yourself

- [Book-How to be Well](#) – book filled with practical strategies & tips of daily habits to keep oneself both physically & mentally healthy

- [Optimize your health to fight COVID 19](#) – article featuring simple ways to stay healthy during the pandemic

- [Youtube-4, 7, 8 breathing](#) – youtube link to simple breathing technique for stress relief

-[Center for Complicated Grief](#) - online resource with information all about complicated grief, which is described as *“a persistent form of intense grief in which maladaptive thoughts and dysfunctional behaviors are present along with continued yearning, longing and sadness and/or preoccupation with thoughts and memories of the person who died”* / what you lost, as discussed in the video

- [Managing Difficult Times handout](#) - a 6 page handout from the Center for Complicated Grief that goes over ways to handle what you are feeling as well as a few handouts to help monitor yourself and your emotions