



Stay Connected Resource Sheet

Tips for Managing Stress Associated with COVID-19

These information sheets from federal healthcare agencies offer practical tips for managing the stress or anxiety associated with COVID-19. Click on the links below to view the informational handout.

- Managing Stress (National Center for PTSD)
<https://ahcpsychologists.org/wp-content/uploads/2020/03/COVID19ManagingStress032020.pdf>
- Taking Care of your Behavioral Health (SAMHSA)
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- Mindfulness Coach mobile app (Veterans Association)
<https://www.mobile.va.gov/app/mindfulness-coach>

“Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.”

Other Tips for Well-Being

This list includes links for virtual activities like museum tours, videos, and other information.

- Scroll down for the section on "Older adult and family resources":
<https://gerocentral.org/clinical-toolbox/covid-19-resources/>

Pen Pal Project

Join the Phinney Center's Pen Pal project. Kids practice their penmanship, communication skills, and how to address an envelope. Kids and seniors both get to make a new friend. Visit the below for information on how get matched with a pen pal. <https://www.phinneycenter.org/pen-pal/>

Friendship Line

This 24-hour toll-free Friendship Line from the Institute on Aging offers both a crisis line and non-emergency emotional support calls for adults 60 years and older and adults living with disabilities.

- Call 1-800-971-0016 (toll-free)
- Visit <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Washington Listens

This service provides non-clinical support to people who feel sad, anxious, or stressed due to COVID-19. Any Washington resident can call and a support specialist will listen and help to guide to connections within their community, including crisis services.

- Call 1-833-681-0211 (toll-free)
- Visit walistens.org

National Suicide Prevention Lifeline

If you're thinking about suicide or harming yourself, are worried about a friend or loved one, or would like emotional support, reach out! These services are available 24/7, free and confidential.

- Call: 1-800-273-8255
- Text: 'HOME' to 741741
- Web chat: <https://suicidepreventionlifeline.org/chat/>

Seattle Public Library

Free resource from the Seattle Public Library. It's a "Lit Line" (available in English and Spanish) where people can call in and hear different stories read by librarians.

- <https://www.spl.org/programs-and-services/outreach/mobile-library-services/spl-lit-line>