

Learning Resources

Articles

TITLE	SOURCE
Lead with empathy during the COVID-19 crisis	The ConversationUS
How to Scenario Plan for COVID-19	The ManagementCenter
Building yourresilience	American Psychological Association
Don't Let Humor Become Another Victim of COVID-19	Psychology Today
AprofessorofhappinessexplainshowtodealwithCOVID-19	World EconomicForum
How to be kinder to yourself	TED

Videos

TITLE	SOURCE
Manage Workplace Stress & Strike a Balance (44 m)	Udemy
Develop Emotional Resilience to Manage Stress (3h)	Udemy
How to be your best self in times of crisis (46m)	TED
Why sleep matters now more than ever (60m)	TED

Podcasts

TITLE	SOURCE
The HappinessLab Coronavirus Episodes: <ul style="list-style-type: none"> • Beat your Isolation Loneliness (23:38) • Coach Yourself Through a Crisis (27:13) • Rising to a Challenge (27:33) • Calm Can Be Contagious (39:46) • Help Others to Help Yourself (31:37) • Keep Your Relationship Healthy (25:47) • Checking In With Susan David (12:54) • Laurie's Personal Tips (35:43) • Helping the Helpers (38:46) • Good Screens and Bad Screens (24:33) 	Dr. Laurie Santos, Professor of Psychology and Head of Silliman College at Yale University

Podcasts (continued)

TITLE	SOURCE
<p><u>Checking In with Susan David</u> (a podcast created specifically during the pandemic):</p> <ul style="list-style-type: none">• <u>How to manage fear and panic in times of uncertainty (12:14)</u>• <u>Regain control in an unpredictable world (15:06)</u>• <u>Moving forward with grief (16:52)</u>• <u>Self-compassion for the self-critical (13:35)</u>	TED: Dr. Susan David, a psychologist at Harvard Medical School.
<p>Unlocking Us with Brené Brown:</p> <ul style="list-style-type: none">• <u>Brené on Comparative Suffering, the 50/50 Myth, and Settling the Ball (24:56)</u> Strategies for falling apart, staying connected & kind, and permission to feel hard things.	Dr. Brené Brown, a research professor at the University of Houston