

Spots

During the height of the pandemic, we shared weekly mental health spots are shared on social media and the news. These spots include quotes, articles, and events such as webinars and Zoom events. [Click here for the links to these resources.](#)

Ted Talks:

David Woods Bartley, [How Connection Saved My Life](#)

David Foster Wallace, [“What is Water?”](#)

Judson A. Brewer, [“A Brain Hack to Break the Coronavirus Anxiety Cycle”](#)

Articles:

[How to Manage the Stress of Covid-19 in Your Relationship](#) – Deb Fox

[A Brain Hack to Break the Coronavirus Anxiety Cycle](#) –

Judson A. Brewer

[What to do about suicidal thoughts in a pandemic](#) – Robyn Brickell

Websites:

CDC – [Mental Health and the Stress of Covid](#)

Our Minds Matter <https://ourmindsmatter.org> (high school club, Instagram)

Active Minds <https://www.activeminds.org> (college club, social media)

Dr. Alfiee (Instagram) & the AAKOMA

Project <https://aakomaproject.org>

Born This Way

Foundation <https://bornthisway.foundation> (Instagram)

Child Mind Institute [Child Mind Institute](#)

Apps:

Shine (app)

Calm (app)

Virtual Hopebox (app)

10% Happier (app and book 10% Happier by Dan Harris)

Mood Meter (app and book)

HappyFeed (app)

Books

Permission to Feel by Marc Brackett

Blog

The Trinity Mental Health Wellness Blog – Several blog posts address issues faced by Trinity family and friends including anxiety, therapy, and seasonal depression. [Click here for more](#)