

Rapid Response Staff Resources During COVID-19

Staff Resources for Wellbeing

1. [HelpGuide.org Coronavirus Help](#)
Helpguide.org is also a resource listed in the *Guide for Laid Off Workers in Oregon* and it is a great resource for staff as well as customers. They have added a Coronavirus section.
2. [Helpful Thinking During the Coronavirus \(COVID-19\) Outbreak](#)
Use this table to identify thoughts you might be having now, and helpful thoughts you can try instead. Then, it's important to practice using more helpful thoughts as often as you can.
3. [For Leaders: Supporting Your Staff During the Coronavirus \(COVID-19\) Pandemic](#)
4. [Covid-19 Mindfulness Resources](#) UCLA The Mindful Awareness Research Center
5. [The UC San Diego Center for Mindfulness Guided Audio & Video](#)
 - a. [Mindfulness and Compassion Sessions](#) Due to the current situation with the coronavirus (COVID-19) evolving rapidly across the United States, our Center, The Center for Mindfulness, The Sanford Institute for Empathy and Compassion, and Compassion Institute will work together to provide daily streams and recordings of mindfulness and compassion sessions to provide resources and online support to those affected.
6. UCLA Mindful Awareness Research Center Free Guided Meditations
 - a. [Getting Started](#)
 - b. [Guided Meditations](#)
 - c. [Free UCLA Mindful Awareness Podcasts at the Hammer Museum](#) Every Thursday at 12:30pm, free, drop-in, 30-minute guided meditation session for now these will be held weekly via Zoom
 - d. [Health and Wellness Meditations](#)
7. Cambridge Health Alliance Center for Mindfulness & Compassion
 - a. [LIVE Online Daily Free Community Practice](#) In light of COVID-19, our Center for Mindfulness and Compassion is offering free guided daily online practices. These practices are secular and open to all. Over 20 teachers are offering sessions in mindful movement; bringing kindness to our stress, anxiety, grief and fear; supporting care giving during this difficult time, and expressing appreciation and love for each other.

Staff Resources Working with Laid Off Workers in Oregon

8. [Brené Brown on Empathy](#)
9. [Psychological First Aid](#) This is a free Coursera course offered by Johns Hopkins University. Learn to provide psychological first aid to people in an emergency by employing the RAPID model: Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition.
10. [Lead with Empathy During the COVID-19 Crisis](#)
11. Practices [Greater Good Science Center at UC Berkeley](#) Practice sections on Empathy, Resilience to Stress, Optimism, Compassion and more. Each practice covers Time required, how to do it, why try it and a quiz. You can download a pdf summary of the practice
12. [Empathy at Work Developing Skills to Understand Other People](#) pdf
13. [5 Strategies to Help With COVID-19 Changes, Stress and Worry](#) University of Vermont Health Network % Short videos
14. [How Changing the Way We Talk About COVID-19 Can Improve Our Mental Well-Being](#) Thrive Global Article
15. [A guide to helping and getting help during the coronavirus crisis](#) The [coronavirus pandemic](#) is overwhelming, and one of the most excruciating parts for many people is the [feeling of utter helplessness](#) in the face of widespread suffering and hardship. Though [staying inside](#) and staying healthy are [the most crucial ways](#) to stave off this outbreak
16. [The trick to identifying transferable skills – three steps to refining requirements](#) Career Place Article
17. [Skills Matcher](#) helps identify skills. Career One Stop
18. [mySkills myFuture](#) Enter previous occupations to see types of careers skills will transfer to.