

June 2020

Tufts

Tisch
College

**Social-Emotional
Learning & Civic
Engagement**

SOCIAL EMOTIONAL RESILIENCE FOR CIVIC ENGAGEMENT - RESOURCES

Curated and reviewed by Deborah Donahue-Keegan, MSW, Ed.D., Associate Director,
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Racial Justice - Antiracism

[How to Help Co-Create an End to Racial Injustice](#) (Mindful Leader)

[How Can We Stop Prejudice in a Pandemic?](#) (GGSC)

[Speaking Up Against Racism Around the New Coronavirus](#) (Teaching Tolerance)

[How to Respond to Coronavirus Racism](#) (Teaching Tolerance)

[Anti-Racist Resources from the Greater Good Science Center](#)

[75 Things White People Can do for Racial Justice](#) (Medium)

[Resources & Tools Regarding Racism & Anti-Blackness & How to be a Better Ally](#)

[Anti-Racism Resources for White People](#)

[Scaffolded Anti-Racist Resources](#)

[The protests are growing larger, calmer, and more community-oriented](#) (Vox)

["I Am Human" - Disrupting the Dehumanization of BYMOC](#) (Forward Promise)

[Exploring EMOTIONS on racial inequality: Can emotional intelligence END racism?](#) (Six Seconds)

COVID-19 RELATED RESOURCES

Social Emotional Resilience, Mental Health, and Well-Being

[Resilience Resources: A repository of resources focused on resilience, drawing from the latest science and informed by partnerships across Harvard and beyond.](#) (Harvard T.H. Chan School of Public Health, Lee Kum Sheung Center for Health and Happiness)

[Talking about the emotional toll of the pandemic](#) - Harvard T.H. Chan School of Public Health series of weekly interactive forums to discuss issues and options. The following recorded sessions and accompanying resources are included in the [Google Drive folder set up by the Harvard Chan School of Public Health](#): Resilience in Uncertain Times: Flexible and Mindful Strategies to Cope with Coronavirus-Related Stress; Mindful Parenting; Managing Stress; Mental Health; Complicated Grief.

[Resources to Support Your Mental Health During the COVID-19 Outbreak](#) (UCSF Weill Center for Neuroscience, Department of Psychiatry)

[COVID-19 Well-Being Toolkit and Resources Center for Healthy Minds](#) (University of Wisconsin-Madison)

[Coping with Coronavirus Anxiety \(Harvard Medical School\)](#)

[How to be your best self in times of crisis](#) (TED, interview with Susan David)

[Greater Good Science Center Guide to Well-Being During Coronavirus \(GGSC\)](#)

[Free Mindfulness Resources to Find Calm and Nourish Resilience During the COVID Outbreak](#) (Mindful)

[Anxiety is Also Contagious. Here's How to Calm Down](#) (Mindful.org Content Director Anne Alexander talks with neuroscientist, psychiatrist, and mindfulness expert Dr. Judson Brewer)

[14 Resources for Emotional Health During Coronavirus Times](#) (SixSeconds)

[10 Well-Being Tips During the Days of Coronavirus](#) (Center for a Healthy Mind)

[Episode 63: Remembering to Breathe: How a doctor stays calm and centered during times of uncertainty, one breath at a time.](#) (Greater Good Science Center)

[Coronavirus Anxiety: Your Brain's Search for Certainty](#) (Beyond Conflict)

[Managing Your Mental Health during COVID-19](#) (American Psychological Association video)

[Four Things to Do Every Day for Your Mental Health](#) (GGSC)

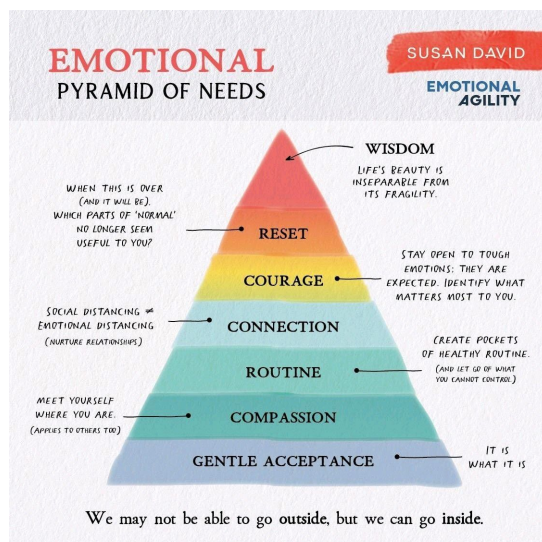
[How to Take Care of Your Health and Well-Being in the Time of Coronavirus](#) (Mindful Leader)

[Loss and Grief During the Coronavirus Pandemic:](#) "As the coronavirus epidemic sweeps the globe, many of us have grown anxious about life and death issues. We are struggling with existential losses, and, as the death toll mounts, with the loss of loved ones to the virus." (Columbia University School of Social Work webinar) [The Center for Complicated Grief](#)

[Moving Forward with Grief](#) (TED, Checking In with Susan David)

[Managing Emotions Effectively in Uncertain Times](#) (Mindful Leader)

[Regulating Emotions in a COVID-19 World](#) (Medium)



"Emotional agility is a process that enables us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. The process isn't about ignoring difficult emotions and thoughts. It's about holding those emotions and thoughts loosely, facing them courageously and compassionately, and then moving past them to ignite change in your life."
- Susan David (2016)

Mindfulness

[Free Mindfulness Resources to Find Calm and Nourish Resilience During the COVID Outbreak](#) (Mindful)

[How to STOP, Breathe, Listen and Connect During the COVID-19 Outbreak: We can support each during this health crisis by connecting with our essential goodness and compassion.](#) (Mindful)

[COVID-19 Resources \(and daily online compassion practice sessions\) from the Center for Contemplative Science and Compassion-Based Ethics at Emory University](#)

[How You Can Help Others by Practicing Mindfulness](#) (Mindful)

[Our Calm is Contagious: Meditation teacher Tara Brach offers some tips for calming your coronavirus anxiety — so you can better care for others.](#) (Vox)

[A 10-Minute Meditation to Work with Difficult Emotions](#) (Mindful)

[Mindfulness Buffers the Impact of COVID-19 Outbreak Information on Sleep Duration](#) (Zheng, M. X., Yao, J., & Narayanan, J. (2020, March 20). Mindfulness Buffers the Impact of COVID-19 Outbreak Information on Sleep Duration.)

[Free Online Meditation Resources for Times of Social Distancing / COVID-19](#) (The Awake Network)



SELf-Care / Community-Care / Civic Engagement

[Supporting One Another in Times of Crisis](#) (Making Caring Common Project, HGSE)

[Greater Good's Guide to Well-Being During Coronavirus:](#) Practices, resources, and articles for individuals, parents, educators, and health care professionals facing COVID-19 (GGSC)

[Six Daily Questions to Ask Yourself in Quarantine](#) (GGSC)

[The Aspen Institute COVID-19 Response](#) *The Aspen Institute is "pivoting to respond to the urgent needs of the moment as society faces new challenges protecting public health, reconstructing our economy, and pulling communities together before the ideological divides rip us apart."* Site includes a wealth

of resources, recorded and upcoming digital events.

[How to Keep the Greater Good in Mind During the Coronavirus Outbreak](#) (GGSC)

[An Outpouring of Kindness Amid the COVID-19 Outbreak](#) (Mindful)

[COVID-19 Racial Equity & Social Justice Resources](#) (Racial Equity Tools)

[Transforming Chaos into Health & Wholeness](#) (PassageWorks)

[SEL and Self-Care Resources for Educators, Schools, and Parents Related to COVID-19](#) (Panorama)

[COVID-19: How Can We Make Choices That Promote the Common Good?](#) (Facing History and Ourselves)

[Finding the 'Common Good' in a Pandemic](#) (NYT)

[COVID-19 and Our Common Humanity](#)

[Resources for Maintaining Community During the COVID-19 Pandemic](#) (The Aspen Institute)

[We aren't just stopping coronavirus. We're building a new world](#) (The Correspondent)

[Why Taking Care of Your Own Well-Being Helps Others](#) (GGSC)

[We are All Connected: Civity in the Time of COVID-19](#) (Civity)

[How Can We Stop Prejudice in a Pandemic?](#) (GGSC)

[Speaking Up Against Racism Around the New Coronavirus](#) (Teaching Tolerance)

[Self-Compassion and COVID-19 & \[Center for Mindful Self-Compassion: 10 Self-Compassion Practices for COVID-19\]\(#\)](#)(Center for Mindful Self-Compassion)

[Self-Love in the Time of Coronavirus](#) (Colorlines)

[Try a Self-Compassion Break](#) - "This practice from Kristen Neff and Christopher Germer reminds us to apply the three core components of self-compassion—mindfulness, common humanity, and kindness—when difficulties arise in our lives." (Mindful)

[Sanvello app: A place to feel better and find meaningful connection](#) (Free premium access available during the COVID-19 crisis)

[Three Reasons to Practice Gratitude During the Coronavirus Crisis](#) (COVID-19)

[14 Days of Gratitude Self-Reflection Journal](#) (Life Skills Group)

[How to turn the coronavirus anxiety into something positive](#) (sfgate.com)

[How to Avoid Feeling Defeated in Today's Crazy World: The world's problems may feel overwhelming, but we can nurture our caring spirit so we stay active in solving them.](#) (GGSC)

[Staying connected to ourselves and to others in a time of crisis \(webinar part 1\)](#) - [Robert Kegan: The transformative potentials in our current crisis \(webinar part 2\)](#) "Dr. Lisa Lahey, founder of Minds at Work, addresses the major question: How can we stay connected to ourselves and to others in a time of crisis? This video is part one of a two-part webinar that Drs. Robert Kegan and Lisa Lahey hosted."

[Who are We, America?](#) "Is it possible that we might look in the mirror together and see reflected back an image that is stronger together? A global community of interdependent people. People who might surprise each other with care and concern, with humility and hospitality, with do-onto-others generosity. These are the core values that I have seen in my years as a Black man in America, among people of every race, religion, region, and – yes – even political party." - Eric K. Ward

[The Best Response to Disaster Is Resilience: These are hard times, but we have seen worse. Courage, staying calm and counting on one another can get us through](#) (NYT, Madeleine Albright)