

## Wellness & Self-Care Resources for Employees

Last Updated 7/2/20

### Managing Stress and Anxiety Resources

[Lessons from a Working Mom "Doing It All"](#) – article by HBR *New*

[When More Information Leads to More Uncertainty](#) – article by HBR

[Are You Stuck in the Anxiety-Distraction Feedback Loop?](#) – article by HBR

[ADAA Reviewed Mental Health Apps](#) – provided by the Anxiety and Depression Association of America

[Working Parents, Make Friendships a Part of Your Routine](#) – article by HBR

[Aware Mindfulness Channel](#) – short, audio mindfulness exercises provided by GoToStage

[Motivational Mondays with Rachel Davis via Zoom](#) – offered by Stockton's Office of Continuing Studies

[Making Your Home a Healing Environment](#) – video recording sponsored by Stockton University at Manahawkin. Password: 7B?5%yk#

[COVID-19 Support Resources for Employees](#) – videos and blog articles provided by Wellright

[Teens & COVID-19: Challenges and Opportunities during the Outbreak](#) – article by healthychildren.org

[Yale's Happiness Course](#)

[Anticipatory Anxiety](#) - recorded Webinar by Paperclip Communications

[Grieving the "little things" that have a big impact](#) – article by Paperclip Communications

[Your Healthiest Self Wellness Toolkits](#) – National Institute of Health Resource

[A Hughes Center Conversation: Coronavirus Pandemic Poses Risks to Mental Health](#) – a video recorded conversation hosted by the William J. Hughes Center for Public Policy

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## Support Resources

[Covid-19 Resources for SHBP and SEHBP Members](#) - To address the COVID-19 outbreak, the following information and resources are provided for members of the State Health Benefits Program (SHBP) and School