

COVID-19 Resources



Gratia
Plena

May the Lord of peace himself give you an everlasting peace, in every place. May the Lord be with all of you. (2Thes 3:16)

Hope for times such as these...

Gratia Plena Counseling, Inc. is a 501C(3) faith-based mental and spiritual health provider. For individuals in a helping profession, it feels incredibly paralyzing not to be able to help those in need. This document is a compilation of resources from the many emails, listservs and other sources, some faith based and some not, that may be of help to our clients, friends and coworkers.

The goal of this document is a far from exhaustive, yet diverse set of resources that may be of help to you or your friends or family. The hope was to provide free, easy to access and easy to digest resources. Some of the sources where this information comes from include Gratia Plena, Psychology Tools, APA, Facebook, YouTube, various apps and web resources, CDC, WHO, friends and more. A reference page was not included as the links are directly to the information, all of which is openly available on the Internet.

Isolated but not alone...

Who would have thought that we would find our lives brought to a standstill by some invisible danger! No matter who you are and what your house/life looks like, you have been impacted by this unseen threat. While this is a sad thought, it is also a source of community and communion in a time of isolation. We pray that no matter where you find yourself on the spectrum of impact you would recognize you are not alone. We are all in this together!



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- Some are working harder now than we were before COVID-19 turned our world upside down. Some are wishing they had work and are worrying about how to make ends meet.
- Some are small business employers who have been forced to cut or furlough employees and struggle with worry for both their own financial concerns as well as concern for their workers. Some are large businesses struggling to provide materials, food, resources to the masses and trying to keep employees safe and healthy.
- Some are healthy and trying to stay that way. Some are sick and unsure as to whether it is COVID or some other ailment.

- Some live alone and feel even more isolated. Some have a house full of kids who are now trying to learn at home through distance learning while the parents are working remotely.
- Some work in healthcare, law enforcement, fire/EMS, or another first responder capacity and fear that resources to protect them are hard to find or that they will be faced with moral and ethical decisions they never anticipated as well as fears of keeping both patients and loved ones safe and healthy.
- Some are mental health providers struggling with providing good, solid support to clients through telehealth and juggling their own personal struggles with anxiety, changes and isolation.
- Some work in local, state or federal government and are doing all they can to gather information, protect the masses or provide resources.
- Some are ministers and clergy with empty buildings but full hearts and strong faith covering their flock with prayers and support.

The following pages include many resources loosely grouped by topic area, we hope it proves helpful to you and your family during this time of uncertainty.

Professional Counseling

Despite the seemingly lonely and isolated world we find ourselves in, counseling with a professional counselor is available in a safe, confidential and secure format. Below are some resources where you can find counselors who are offering counseling through telehealth options for you and your family.

[Catholic Counseling in Texas-telehealth available](#)

[Find a Catholic Therapist near me](#)



Potential Mental Health Impacts of COVID-19

Sometimes just knowing that you're not the only one struggling with certain issues can be helpful. If you're wondering if what you're feeling is 'normal' or how you can help yourself, these links may be helpful.

[Psychological impact of COVID-19](#)

[Maintaining mental health in social isolation](#)

[Anxiety and Fear during Pandemic](#)

[Living with worry and anxiety amidst global uncertainty](#)

[Anxiety and staying mentally healthy for older adults](#)

[Coronavirus and your ancient brain...10 steps to address anxiety](#)

[Rewire your Anxious Brain Video](#)

[Rewire your anxious brain part 2- 10 skills to help anxiety](#)

[StopBreatheThink App](#)

[Luminosity Brain Training-\(limited free access\)](#)

[Mindshift App](#)

[Calm App](#)

[Headspace App](#)

[Shine App](#)

[Learn these skills to Stop Catastrophizing](#)

[New to remote working-helpful tips](#)

Support for Parents

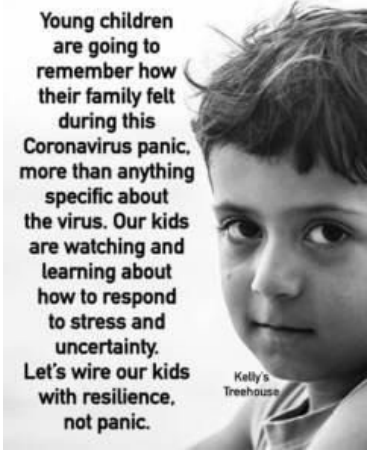
Many parents find themselves trying to juggle new and unfamiliar responsibilities, environments and stressors in addition to trying to support their children. Below are some resources that may help you as a parent so you can in turn help your children. It's the concept of putting your oxygen mask on first.

[Support for parents supporting children during COVID](#)

[Free COVID resources for parents from Guilford Press](#)

[Understanding your brain under stress-brain model-explained](#)

[Ideas of things to do with your kids](#)



Talking with Children about COVID



How do I explain all this to my kids? Below are some resources to open conversations with your children about COVID-19. Experts agree that children need honest, yet age appropriate information about what is going on; otherwise they will attempt to come to some understanding of their own.

[How to talk with children about COVID](#)

[ROBert explains Coronavirus to kids](#)

[BPS Talking with children about COVID](#)

[Nurse Dotty...Dave the Dog and Coronavirus](#)

[Something Strange Happened in My Town](#)

[Something Strange Happened-audio book](#)

Support for Married Couples



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Many couples find themselves having way more time together than they're used to and this can cause additional stress and conflict. Understanding and setting healthy boundaries and increasing communication skills is vital during this time. Remember each other isn't the enemy so stand united together to love and support each other.

[Married and stuck at home together...Ahhh!](#)

[Virtues-Free online video program for couples](#)

[6 Relationship tips for managing COVID-19](#)



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Resources for Healthcare workers

[Coping with Stress for Hospital Staff](#)

[Managing mental health challenges for healthcare workers](#)

[Delivering healthcare during COVID-19](#)

[Selfcare for healthcare workers](#)

Prayer and Spiritual Resources

This illness is not unto death: it is for the glory of God, so that the Son of God may be glorified by means of it. (John 11:4)

In the words of Fr. Vincent at St. Clare of Assisi, "Social Isolation does not mean Spiritual Isolation." Below are several resources that can be used to increase your prayer and deepen your faith life. In addition to these, many churches are making their services available online.

[Prayer to Our Lady of Guadalupe during Coronavirus](#)

[How Catholics are called to respond to Coronavirus](#)

[Bishop Barron on Coronavirus Quarantine](#)

[Hope during Coronavirus-Bishop Barron](#)

[Fr. John Riccardo-Homily Death Doesn't Win!](#)

[Fr. John Riccardo-Created: Why is there something rather than nothing?](#)

[Fr. John Riccardo-Captured: What the Hell Happened?](#)

[Fr. John Riccardo- Rescued & Response: Jesus is Not Just Kind!](#)

[Ascension Press Facebook Page](#)

[Franciscan minute meditations](#)

[SoulCore-Free Online Streaming](#)

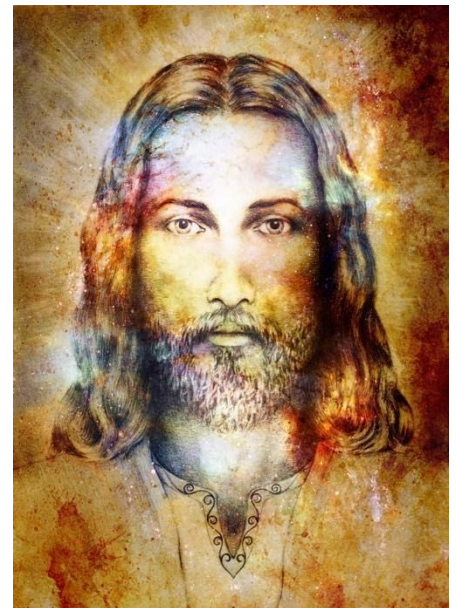
[Pray as You Go-App](#)

[Hallow Catholic Meditation App](#)

[Laudate App](#)

[Jesuit Prayer App](#)

[Catholic Novena App](#)



Holding each of you in prayer! – *The Gratia Plena Mental and Spiritual Health Staff*

Designed by Gratia Plena counselor Cindy Renaudo