

# COPING WITH STRESS: IMPROVING HABITS AND IMPLEMENTING STRATEGIES FOR CARE

## MENTAL HEALTH AND ANXIETY RESOURCES

- [HOW STRESS IMPACTS BLACK WOMEN AND 10 TIPS TO CONTROL IT](#)
- [KAISER PERMANENTE STRESS RELIEF AND RELAXATION TIPS](#)
- [TO BE FEMALE, ANXIOUS AND BLACK](#)
- [THE WOMEN'S CENTER BLACK MENTAL HEALTH RESOURCES](#)
- [EFT WITH MARYAM HASNAA FOR SHOCK, PANIC, FEAR OF THE UNKNOWN, WORRY, ANXIETY, STRESS \(12 MINUTES\)](#)
- [RESTORE: RESTORATIVE WRITING PRACTICE BY ALEXANDRA ELLE](#)
- [SELF.COM BLACK MENTAL HEALTH RESOURCES](#)
- [EISENHOWER MATRIX](#)
- [PSYCHOLOGY TODAY SEARCH ENGINE](#)

## MEDITATION RESOURCES

- [DAILY "MINDFUL MOMENTS" WITH BLACK TO YOGA ON IG LIVE \(10 PM EST / 7PM PST\)](#)
- [BOOST YOUR IMMUNE SYSTEM WITH BREATH WORK + MEDITATION AND BALANCING YOUR ENERGY CENTERS WITH KOYA WEBB \(24 MINUTES\)](#)
- [HOW TO MEDITATE | MEDITATION FOR BEGINNERS WITH KOYA WEBB \(8 MINUTES\)](#)
- [COMPASSION MEDITATION – HOW TO LOVE YOURSELF & OTHERS WITH SAH D'SIMONE \(20 MINUTES\)](#)
- [ANXIETY-RELIEVING MEDITATION WITH SAH D'SIMONE \(13 MINUTES\)](#)
- [10 MINUTE MEDITATION FOR HARMONY AND RELAXATION WITH KOYA WEBB](#)
- [7-MINUTE MINI MEDITATION WITH TIYA CANIEL](#)
- [VIRTUAL CALMING ROOM](#)
- [COPING SKILLS](#)
- [CIRCLE OF CONTROL](#)
- [GROUNDING YOURSELF](#)
- [LOTUS BREATHING](#)
- [PROGRESSIVE MUSCLE RELAXATION](#)

Thank you for attending the program  
May 4th 2022!

