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Counseling Center_COVID-19 Resources Webpage

University of Maine Counseling Center

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Healing & Wellness Through Emotional and Sociopolitical Upheaval



"Liberated relationships are one of the ways we actually create abundant justice, the understanding that there is enough attention, care, resource, and connection for all of us to access belonging, to be in our dignity, and to be safe in community."

-Adrienne Maree Brown, Pleasure Activism: The Politics of Feeling Good

Grief and the Pandemic Covid -19: The Discomfort You're Feeling Is Grief.

Corona Virus Anxiety Workbook The [Wellness Society](#) released a free guide to help with managing anxiety through a pandemic. The workbook includes a lot of helpful supplemental resources.

Coping During the Pandemic The free online course is offered from Recovery College Online (click log in as guest)

9 Strategies for Quarantining in a Non-LGBTQ+ Affirming Environment Help from queer therapists and experts from [The Trevor Project](#), here's how to endure isolation with those who might not accept your identity.

Indigenized Wellness and Stress Relief in Quarantine A podcast related to current global pandemic, and exploration of ways we can all stay grounded and well through Indigenous teachings, using our original model for holistic health, the 7 Circles of Wellness. A short guided session of emotional freedom technique is offered, which is a tool to reduce stress and anxiety.

International Students and Covid -19 Mental Health Impacts and Support for International Students in Covid -19.

Meditation Resources Free Online Meditation Resources for Times of Social Distancing / COVID-19

Counseling Center staff speak with [Bangor Daily News](#) about how to cope through Covid -19.

Coping with fatigue, fear and panic during a crisis Consider how can we take better care of ourselves and build more resilience during crisis.

Momentum: A Race Forward Podcast This podcast features movement voices, stories, and strategies for racial justice. Co-hosts Chevon and Hiba give their unique takes on race and pop culture, and uplift narratives of hope, struggle, and joy, as we continue to build the *momentum* needed to advance racial justice in our policies, institutions, and culture.

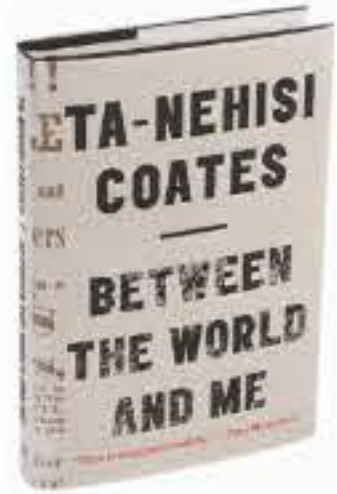
Notice the Rage; Notice the Silence Interview with Resmaa Menakem, therapist and trauma specialist on trauma, our bodies and race.

Stop Racism Free and low cost courses and resources to help prepare White Folks to become Allies and Leaders for Racial Equity.

Article What Does BIPOC Stand For? What the Phrase Means and Why It's So Important.

On June 3rd and June 9th, the Counseling Center partnered with the [Office of Diversity and Inclusion](#) in providing support meetings for students of color to process their experiences in response to the on-going individual, systemic, and structural racism. Stay tuned for future collaborations.

Counseling Center staff are currently reading [Between The World And Me](#):



"In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden?" -Adapted from <https://ta-nehisicoates.com/>

Check out Brene Brown's [Unlocking Us Podcast](#): Diverse conversations that unlock the deeply human part of who we are, so that we can live, love, and lead with more courage and heart.

Greater Good in Action Science-Based practices for anyone who wants to improve their social and emotional well-being, or the well-being of others, but doesn't necessarily have the time or money to invest in a formal program. Also check out the [Greater Good Podcast](#).

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