

Embrace These Resources

Coping with the outbreak of COVID-19 is stressful for many. Not sure what to do? **EMBRACE is here for you.**

Check out these tips and skills below from our partners.

Headspace

Our friends from Headspace are here for us and are offering meditations anyone can listen to, anytime. “Weathering the storm” is part of a larger collection in the Headspace app. Best part? These are free for everyone!

headspace.com/covid-19

Have an account? Check-out the guided walk through Pittsburgh as you stroll your own neighborhood. Just search “Walking in Pittsburgh.”

DBT Skills for a Pandemic

It is normal to feel more stressed or anxious as we face uncertainty about the future. For Dialectical Behavior Therapy (DBT) tools and tips to use at home, check out Dr. Amy House and Dr. Julie Matsen’s DBT Skills for a Pandemic.

EmbracePittsburgh.org/Resources

Mood Meter App

Mood Meter is a valuable asset for both children and adults to identify, recognize, and process their emotions. By being able to correctly identify and process emotions, you are able to boost your Emotional Intelligence which supports thinking, decision making, behavior, learning, creativity, and performance. moodmeterapp.com

The Science of Well-Being - Yale University

Yale’s most popular course is now free to all on Coursera! This course teaches simple lifestyle changes that can increase your own happiness and build more productive habits. Professor Laurie Santos touches on sleep, gratitude, connection, exercise, and goals – helping to make them more obtainable in your life. bit.ly/YaleFreeCourse

PA Department of Human Services Helpline

A 24/7 statewide support helpline for those in Pennsylvania struggling with anxiety during COVID-19. The number to call is 1-855-284-2494.