

“Just in Time” Webinar Series
Supporting Positive Behavior and Mental Health throughout the COVID-19
Pandemic
Weblinks and Resources

COVID-19 Resources on The Boggs Center Website

<http://rwjms.rutgers.edu/boggscenter/links/COVID-19Resources.html>

The Boggs Center Training Calendar & Registration Page

<https://boggscenterregistration.rwjms.rutgers.edu>

Autism Society of Minnesota Guide to Managing Self-Quarantine and Social Distancing

<https://ausm.org/images/docs/PandemicGuideforASDAdults2020.pdf>

Plain Language information about Covid-19

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

<https://www.youtube.com/embed/MJ8eeC-tVD4?rel=0>

Relaxation apps and websites

www.calm.com

www.headspace.com

www.stopbreathethink.com

www.simplehabit.com

Progressive muscle relaxation

https://www.youtube.com/watch?v=Q_diV-uqV9w

Three minute meditation

<https://www.youtube.com/watch?v=iebciuBXCh4>

at-home Yoga

<https://www.youtube.com/user/yogawithadriene/featured>

Fitness and Dance classes

[@therockettes](#) Instagram and Facebook

Additional Resources

Mayo Clinic Podcast: “Managing stress and anxiety during COVID-19 pandemic”

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-qa-podcast-managing-stress-and-anxiety-during-covid-19-pandemic/>

CDC Stress and Coping

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

CDC & NIOSH “Buddy System” <https://www.cdc.gov/vhf/ebola/pdf/buddy-system.pdf>

NADSP Resources to help DSPs take care of themselves during the crisis

<https://nadsp.org/covid-19resources/>

Physical, Mental, Emotional, and Spiritual wellbeing <https://ddi.wayne.edu/selfcare>

Mental Health and COVID-19 – Information and Resources

<https://mhanational.org/covid19>

Free Entertainment: streaming, fitness, games, film festivals, magazine, museum tours: <https://www.cnet.com/news/free-entertainment-to-help-you-survive-coronavirus-social-distancing-april-14/>

Outreach Hotlines

[NJ Mental Health Cares](#) 866-202-HELP (4357)

TTY: 1-877-294-4356

NJ Hopeline 1-855-654-6735

Chat <http://www.njhopeline.com/LiveChat.htm>

National Suicide Prevention Lifeline 1-800-273-TALK

Addiction and Recovery Support 1-844-ReachNJ