Mental Health Links | April 8, 2020 | Camille Netherton

PODCASTS

* [Somatic Centering Practice](https://mentalhealthfoundations.us14.list-manage.com/track/click?u=4db0561e15cc008a9d1c87785&id=f9764d7c3f&e=cf03ea4283) -  podcast - Sumitra Rajkumar
* [Compassion in the Time of Coronavirus](https://mentalhealthfoundations.us14.list-manage.com/track/click?u=4db0561e15cc008a9d1c87785&id=7d620c7416&e=cf03ea4283) – podcast - Jack Kornfield
* [Managing in the Midst of COVID-19](https://mentalhealthfoundations.us14.list-manage.com/track/click?u=4db0561e15cc008a9d1c87785&id=2afcbc6dab&e=cf03ea4283) – podcast - Peter Levine, Ph.D.
* [COVID-19 Anxiety, Cultivating Safeness, and Polyvagal Theory](https://mentalhealthfoundations.us14.list-manage.com/track/click?u=4db0561e15cc008a9d1c87785&id=5abd6a9b7b&e=cf03ea4283) - Stephen Porges, Ph.D.

BLOGS

* [Quarantine Care Package](https://mentalhealthfoundations.us14.list-manage.com/track/click?u=4db0561e15cc008a9d1c87785&id=c6cb441b52&e=cf03ea4283) – BLOG -José F. Mata, L.M.F.T.
* [A Zen Master's Tips for Staying Sane During Challenging Times](https://mentalhealthfoundations.us14.list-manage.com/track/click?u=4db0561e15cc008a9d1c87785&id=0ef31b5bac&e=cf03ea4283)
* [How to Protect Your Mental Health During Quarantine](https://mentalhealthfoundations.us14.list-manage.com/track/click?u=4db0561e15cc008a9d1c87785&id=3205454e92&e=cf03ea4283)

VIDEOS

* [Not Losing Our Minds and Hearts When We Most Need Them: Mindfulness, Healing, and Wisdom in a Time of COVID-19](https://mentalhealthfoundations.us14.list-manage.com/track/click?u=4db0561e15cc008a9d1c87785&id=c26f36c76a&e=cf03ea4283) – livestream video - Jon Kabat-Zinn
* [When the COVID-19 Pandemic Leaves Clients Feeling Helpless](https://mentalhealthfoundations.us14.list-manage.com/track/click?u=4db0561e15cc008a9d1c87785&id=ed8ccfd95d&e=cf03ea4283) – 5 min YouTube video - Bessel van der Kolk, M.D.