**Resources to support us in these times, and to cultivate inner courage to respond with compassion and equity**

[Last updated:JH 31st March ]

A list of freely available online resources which may be useful in the current pandemic. This list has been compiled by harvesting resources and links from many different networks [see note 1 at end]. It is being updated at least weekly, so if you have a resource that is useful to share please send a link to a website, plus a sentence of info to: [johamilton121@gmail.com ]. Whilst many resources can be accessed online without any need to download software, many interactive events (talks and webinars) are using Zoom. If you’re not familiar with Zoom, there is info at the end of this document.

**Practical help and mutual aid**: Mutual aid groups across the country are organising to ensure people can support each other, even from a distance. Check out the website and find one in your area: <https://covidmutualaid.org>. The website ([community resources](https://covidmutualaid.org/community-resources/) section) also has useful links and resources on supporting migrants in your community, supporting those with disabilities, and London LGBTQ+ mutual aid, resources for autistic people, and resources for those suffering or concerned about domestic abuse.

**On facebook:**Mutual Aid Network UK: <https://www.facebook.com/CovidAidUK>

**Stress and anxiety**

* Overall resources for steady ground and social change: <https://www.findingsteadyground.com>
* **Coping with anxiety from the BACP** (British Association for Psychotherapists and Counsellors) : <https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/?fbclid=IwAR24vUGynxdQ9BxEPEy8Le2ZDQCqIxKrX2Yogi52mBObHv0bKfpKkc3dTmg>
* **Coronavirus and your wellbeing (from MIND):**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsec04ed>

**Resources for health and care staff**

* **Mindfulness resources for health and care staff from the Mindfulness Initiative:** ttps://[www.themindfulnessinitiative.org/covid-19-mindfulness-resources-for-health-and-care-staff](http://www.themindfulnessinitiative.org/covid-19-mindfulness-resources-for-health-and-care-staff)
* **The Trauma Group info for healthcare workers** <https://www.traumagroup.org/?fbclid=IwAR3_RpHdpFux6uKia6MqlYsdiZHLKXurp3bxm3VpasAOkk8GpRBAJ42k1ug>
* **Frontline 19:or NHS workers on the front line of COVID-19**:

<https://www.frontline19.com/?fbclid=IwAR0Arny6ygTn36RfClmD0x14-m30FUM249_C1CTX_LHly4Iblg6yTJ4X4Ac> For NHS and frontline workers - and to offer your professional services if you can provide online mental health and emotional wellbeing support

**Inclusive support**

* **Disability News Service report over implications of discriminating intensive care guidance and links to sources of support:**

<https://www.disabilitynewsservice.com/coronavirus-anger-over-terrifying-and-discriminating-intensive-care-guidance/?fbclid=IwAR38Ij8z3wbQL8jeMt8mXpkMl5_1Bfi2-toRnLboxzPRubRyCnQlREhCqrQ>

* **The bunker: a support group for disabled people who are having to partially protectively isolate ourselves due to being at extra risk from the Coronavirus**. Facebook group here: <https://www.facebook.com/groups/thebunkerUK/>
* **Electronic Immigration Network.** Brief guide on useful Covid-19 / coronavirus immigration and asylum resources: A list of some resources to keep up to date with the pandemic's impact on immigration and asylum <https://www.ein.org.uk/news/brief-guide-covid-19-coronavirus-immigration-and-asylum-resources>

**Building Resilience and wellbeing**

* Resilience Skills in a time of Coronavirus Crisis from Chris Johnstone
* a free webinar every month and a four-week online course too.

First free webinar Tuesday (31st March) at 8pm UK time on Resilience Skills in a time of Coronavirus Crisis. You can see details at <https://www.eventbrite.co.uk/e/free-webinar-resilience-skills-in-a-time-of-coronavirus-crisis-tickets-100404189634>

* An article about protecting mental health in a time of Climate Crisis - much of this is also relevant to the current virus crisis: <https://ecohustler.com/culture/is-the-climate-crisis-affecting-your-mental-health/>
* Resilience online courses each month, described in my email newsletter at bit.ly/ChrisNewsMarch20 or on the home page of his website at <http://collegeofwellbeing.com>
* Chris’s recent ‘Space between Stories’ radio programme (30 Mins)with Charles Eisenstein can be found here: <https://www.bbc.co.uk/sounds/play/m000gcx5?fbclid=IwAR1WLZmykaIhYREDNdfjcl1HU1L7PvYAhRJKOjbGUAuDmAgSue9PFI53TL8>

**Meditation and mindfulness**

Meditation and mindfulness practices can be helpful to calm our anxiety, help us deal with difficult situations, and deepen our resources to respond to an ever changing situation. Below are some links for online courses, or centres which will have regular online mindfulness and meditation practices.

* **Resources from Tara Brach**: <https://www.tarabrach.com>

Many online talks and guided meditations from Tara Brach, (mindfulness teacher based in the USA) to support you through these difficult times. You will find it here: [Pandemic Care Resources](https://tarabrach.us2.list-manage.com/track/click?u=6f353ae47dbfb361d6d70452d&id=d05829e06f&e=cbc13423c4)

**Free mindfulness project list of resources:** <http://www.freemindfulness.org/covid19?fbclid=IwAR3w3Txf4kXRdLYqMJEdo5l-5UyjbS6UUEp8xHY-rzJxwQkcdzpdUtN-54E>

* **Mindfulness from the Community of Interbeing** / Plum Village UK: Talks and resources online here: <https://www.plumvillage.uk/resources/talks/>
* **Gaia House (Insight Meditation):** Listen to talks and find out more here:<https://gaiahouse.co.uk/dharma-talks/> Details about their online Dharma hall here: <https://mailchi.mp/gaiahouse/gaia-house-online-dharma-hall?e=04961e2305>
* **Mindfulness Network for People of Colour**: <https://www.mnpc.co.uk> . Whole host of resources and talks.
* **Plum Village UK:** Courses and resources in the Plum Village Tradition founded by Thich Nhat Hanh: <https://www.plumvillage.uk/who-we-are/>

**Bodywork and movement**

* **5 Rhythms and dance: online classes offered, e.g.** [**https://www.meetup.com/HOME-5-rhythms-ecstatic-dance/**](https://www.meetup.com/HOME-5-rhythms-ecstatic-dance/)

**Involved in social change work?**

Some organisations and resources that are useful for developing resilience now and on ongoing basis**:**

* **Inner Transition**: <https://transitionnetwork.org/do-transition/inner-transition/>
* **The Ulex Project**: <https://ulexproject.org/wp-content/uploads/2017/02/sustainable-activism-ulex-signature-trainings.pdf>
* **Thriving Activist Toolkit**: <https://wellbeing.gmu.edu/resources/thriving-activist>

 Commons Library: <https://commonslibrary.org/tag/stress-and-burnout>/

* **Hell Yeah Self Care**: <https://rewriting-the-rules.com/wp-content/uploads/2017/02/HellYeahSelfCare.pdf>
* **Finding Steady Ground**: <https://www.findingsteadyground.com/>
* **The Work That Reconnects:** Resources for offering this work online in response to Coronavirus: <https://workthatreconnects.org/offering-the-work-that-reconnects-online/>
* **Doing Hope Toolkit: “**Hope is a kind of renewable energy ... the attitude that we take into the future, and the power that drives us forward. ... we renew and relight it in each other, through collective movement and action." - Download the toolkit for Doing Hope here: <https://beneaththepavingstones.wordpress.com/2019/07/12/doing-hope-toolkit/>

**Reading and inspiring websites:**

* Why You Should Ignore All That Coronavirus-Inspired Productivity Pressure. By Aisha S. Ahmad MARCH 27, 2020. In The Chronicle of Higher Education:

<https://www.chronicle.com/article/Why-You-Should-Ignore-All-That/248366?fbclid=IwAR1L-RJ1yo4Y2PPGfSIZNTPDQR9URJ-HeHCadNPkFKxaE3gbVl8uDKhLyJc>

* <https://hopeswork.org/blog/> Reflections and stories about hope in troubled times

**Leading Groups online**

Useful resource by Jeanne Rewa and Daniel Hunter: [Leading Groups Online: a down-and-dirty guide to leading online courses, meetings, trainings, and events during the coronavirus pandemic](http://www.leadinggroupsonline.org/ebooks/Leading%20Groups%20Online.pdf) : [**http://www.leadinggroupsonline.org/ebooks/Leading%20Groups%20Online.pdf**](http://www.leadinggroupsonline.org/ebooks/Leading%20Groups%20Online.pdf)

**Using Zoom**

Zoom is web-based so does not require any permanent software to be downloaded but it does require a device with speakers or headphones and a reasonable internet connection to stream live video, and ideally a camera and microphone, this can be a laptop, tablet or mobile phone.

An account is not needed to join the meeting, but on first use the program/app needs to be downloaded onto your PC/Mac or mobile device.

On your laptop/pc/mac this is quite straight forward, click the link [insert link], it will automatically download the app and then, once downloaded it will open up in the meeting room. You may need to confirm that you are happy for the launcher to install or open on your device.

If accessing on a smart phone or tablet, you will also be prompted to download the app from either Google Play or the Apple App Store. Using Google Play or the App Store, search for Zoom. It can also be downloaded from here, <https://zoom.us/support/download>

Suggestions for connection in online meetings

* **Really make the effort to join on time**: because online meetings work best if they're quite structured, getting everyone 'in the room' is important before you start.
* **Check in**: always spend even a little time to allow everyone to arrive in the meeting with a few words on how they are feeling. In larger groups you can give more time for this by splitting into smaller groups (it's easy to split into separate chatrooms of different sizes on zoom).
* **Bring attention to the strangeness**: specially for people who're not used to meeting online, it's really useful to dedicate a bit of time in the meeting itself for people to process what they're finding difficult or distracting with online meeting. This can be done in pairs or in the whole group depending on how much time you have.
* **Emphasise visual feedback including hand signals**: much of the subtle, connective feedback we get from one another during in person meetings is harder to see or even invisible online. Help others to feel heard by nodding, smiling and using the 'wavy hands' signal liberally. Other hand signals can also be helpful, depending on what kind of meeting you're having - see pic below.
* **Set a shared intention to be open to connection**: even though we are in separate spaces physically, we are all present in the call. The cues on all levels that bring the richness to our connections when meeting in person are often sent and picked up unconsciously. In remote meetings, all those energies are still present, we just need to be more open and sensitive to giving and receiving them. It's useful to remind ourselves of this verbally in the meeting, and commit to really receiving and connecting with one another consciously.
* **Create rests, breaks and shared silence**: it's very easy for online meetings to get over focused and static. For meetings over an hour it's essential to build in breaks - they allow people to shift their focus, move their bodies and process what's been happening. Shared silence can be another good way to do this and can feel unexpectedly connecting in itself.
* **Use Way of Council**: this is a simple and lovely way of generating depth and connection in groups. It’s based on a few [simple principles](http://www.heart-source.com/council/way_of_council_intentions.html): taking turns to speak round the circle, listening attentively from the heart when others are speaking (and consciously *not be* planning what you’re going to say when its your turn), speaking spontaneously from the heart when your turn comes round - and respecting confidentiality. Depending on the purpose of the meeting this can be just one brief round or you can take longer and do more than one.

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**Acknowledgements**: some resource lists came from the Mindfulness and Social Change Network, Mutual Aid groups, and facebook threads.