

WEBSITES TO SUPPORT UNDER TIMES OF STRESS

The ECMHC team has recorded a series of relaxation exercises in English and Spanish. These exercises have been designed for use by families and Early Head Start and Head Start staff to help you reduce your stress: https://www.ecmhc.org/relaxation_exercises.html

From Child Mind Institute:

https://instagram.com/stories/childmindinstitute/2272865348641128599?utm_source=ig_story_item_share&igshid=1ccdgb1h22g3

From “The Mighty” a mental health newsletter:

Concerned about coronavirus? Stay safe using the tips from these articles:

- [Which Face Masks Prevent Against Coronavirus?](#)
- [How to Make Your Own Hand Sanitizer](#)
- [8 Soaps You Can Use to Help Prevent the Spread of Illness](#)
- [10 Face Masks People with Chronic Illness Recommend](#)

From Zero to Three:

<https://go.zerotothree.org/webmail/565212/465197913/1d6c357eb2ac7d494da8a2f7ac44a7c565f25d43ac2e7df0d3f48c6741a07903>

From CSEFEL:

- https://www.canr.msu.edu/news/help_young_children_identify_and_express_emotions
- <http://csefel.vanderbilt.edu/resources/family.html>