

## Stress Buster – Resources

### 1. [The Mental impact of COVID-19 and How to Cope.](#)

If account requested use code DSPQ-3ZXS



CBC News

### The mental impact of COVID-19 and how to cope

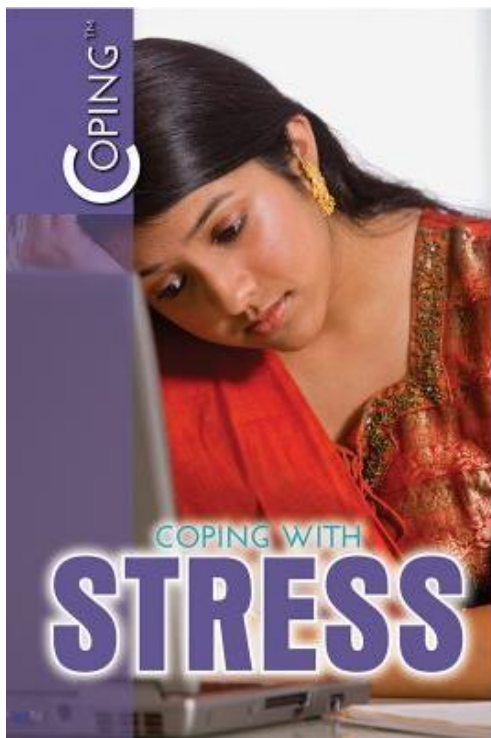
Feeling overwhelmed, anxious or stressed by the coronavirus pandemic? Here are some things to consider and guidelines for how to cope.

📅 2020 | ⏱ 00:05:13 | 🗑 13-14 | ➕ Added on: 05/01/2020

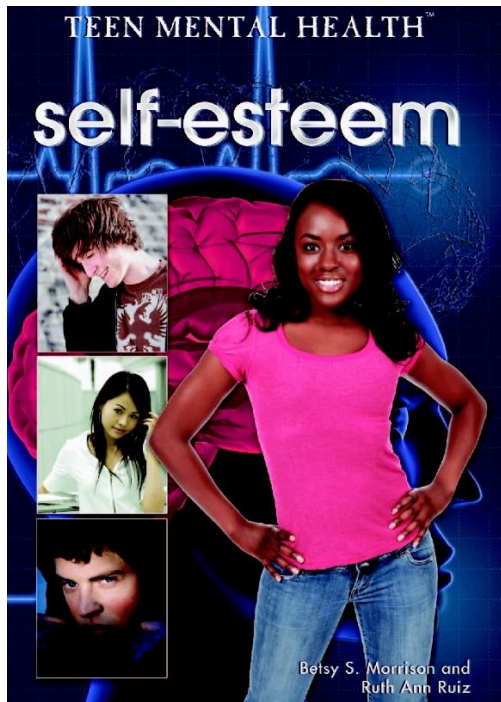
📺 Watch

🔗 Share + Add to playlist

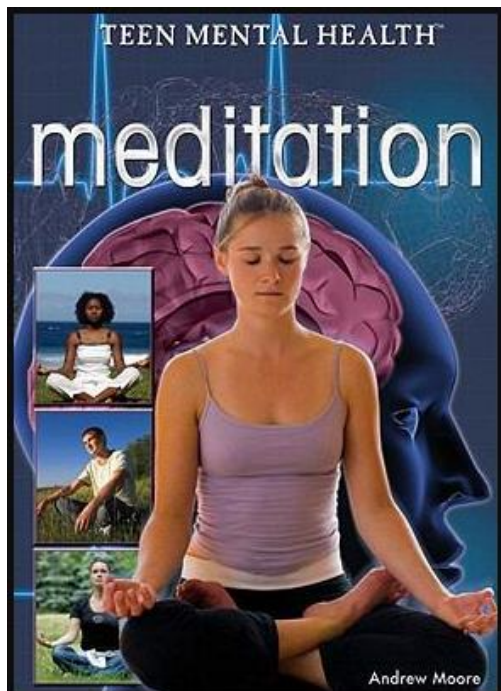
### 2. [Coping with Stress](#)



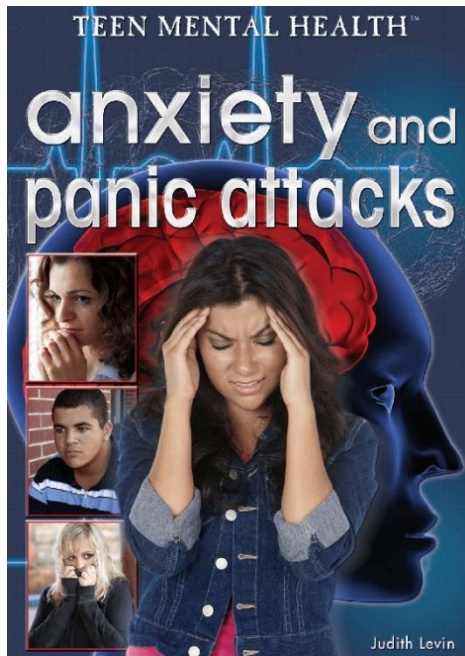
### 3. Self Esteem



### 4. Meditation



5. Anxiety and Panic Attacks



6. Antisocial Behavior

