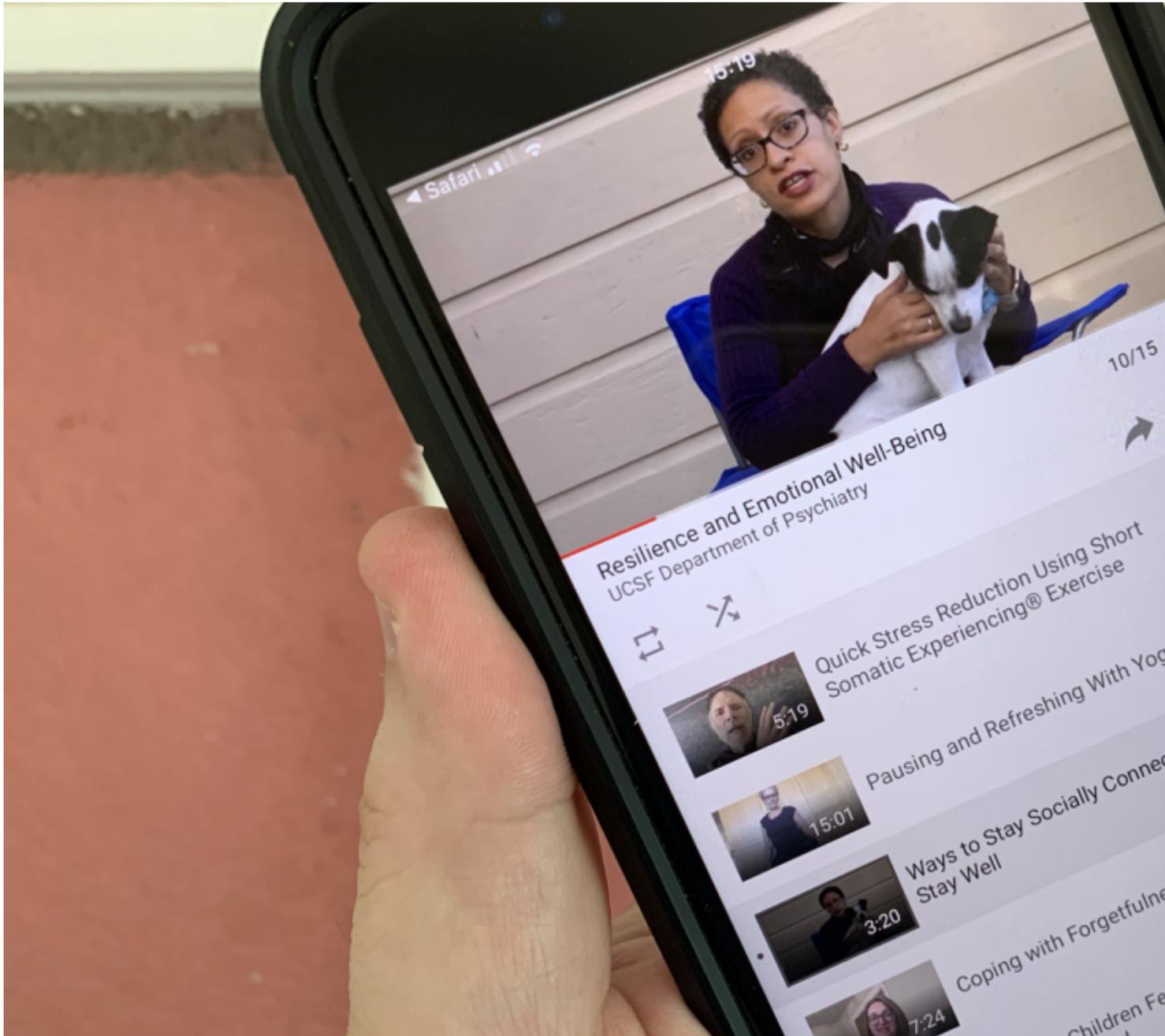


Resilience and Emotional Well-Being Video Series



To help you navigate the unique mental health and wellness challenges presented by the COVID-19 pandemic, the UCSF Department of Psychiatry has put together a collection of short videos focused on ways we can protect and enhance our own emotional well-being. The videos, which are available for free on YouTube ^[1], feature strategies and techniques shared by mental health experts at UCSF, as well as some of our colleagues from around the nation.

If you are interested in contributing a video to our library, please contact us at ame.center@ucsf.edu.

Psychological first-aid strategies



[3]

Emotion Regulation and Grounding in the Midst of COVID-19 [3]

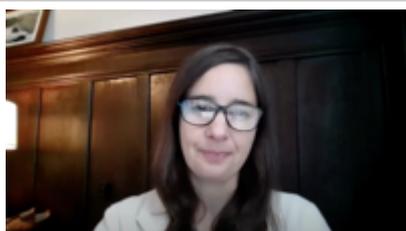
with Sarah Metz, PsyD



[4]

Health Care Workers: How to Prioritize Your Own Well-Being [4]

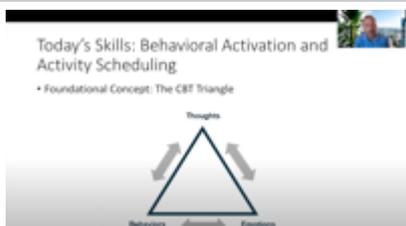
with Margo Pumar, MD



[5]

"My Patients Are All Stressed!": Health Care Worker Tips on Supporting Patients While Supporting Yourself [5]

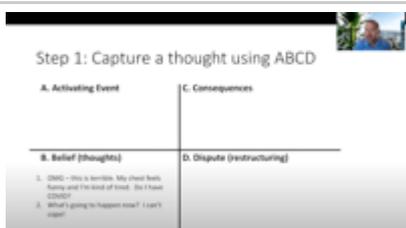
with Margo Pumar, MD



[6]

Reduce Depression by Doing Things You Love [7]

with Jason M. Satterfield, PhD



[8]

Adopt the Thoughts That Bolster You! [9]

with Jason M. Satterfield, PhD



[10]

Brief Positive Meditation [11]

with David Bullard, PhD



[12]

Pausing and Refreshing With Yoga [13]

with Jo Ellen Brainin-Rodriguez, MD, CYT



[14]

Brief Mindful Breathing for Anxiety [14]

with Christiane Wolf, MD, PhD



[15]

Be Your Own Best Friend: Self-Compassion for Stress Reduction [15]

with Christiane Wolf, MD, PhD

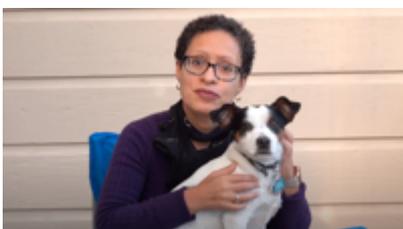


[16]

Feeling Extreme Emotions? Try a Survival TIPP [16]

with Esme Shaller, PhD

General emotional well-being strategies and special topics



[17]

Ways to Stay Socially Connected to Stay Well [18]

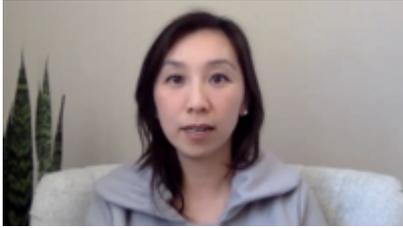
with Lisa Fortuna, MD, MPH, MDiv



[19]

Balancing Act: Being a Mom and a Health Care Provider During Stressful Times [19]

with Christina Mangurian, MD, MAS



[20]

Managing Health Anxiety in Times of Stress [20]

with Candy Katoa, PsyD



[21]

Coping With Forgetfulness (English) [22]

with Christina Weyer Jamora, RN, PhD



[23]

Lidiando con el Olvido (Español) [24]

con Christina Weyer Jamora, RN, PhD



[25]

Helping Children Feel Calm and Regulated [26]

with Whitney Ence, PhD, BCBA-D



[27]

Parents Need Stress Management Too! [28]

with Lauren M. Haack, PhD



[29]

Staying Well While Pregnant [30]

with Jennifer Felder, PhD



[31]

Grief in the Time of Coronavirus [31]

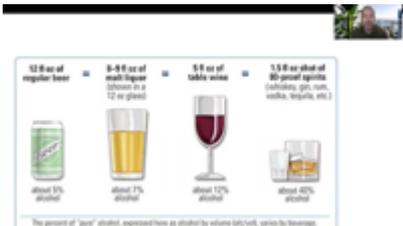
with Michael W. Rabow, MD



[32]

Defeat the Virus, Not Each Other: Using Language to Reduce Discrimination [32]

with Thu T. Nguyen, ScD, MSPH



[33]

Self-Medicating With Alcohol: How to Limit Harm and Stay Healthy [33]

with Jason M. Satterfield, PhD



[34]

Getting a Good Night's Sleep [34]

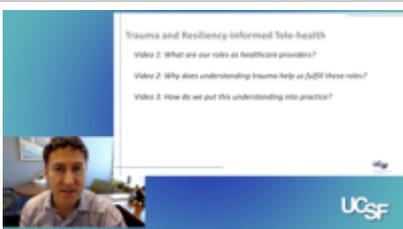
with Aric A. Prather, PhD



[35]

Trauma and Resiliency-Informed Telehealth Care: Part 1 [35]

with Alicia Lieberman, PhD, and Edward Machtinger, MD



[36]

Trauma and Resiliency-Informed Telehealth Care: Part 2 [36]

with Alicia Lieberman, PhD, and Edward Machtinger, MD



[37]

Trauma and Resiliency-Informed Telehealth Care: Part 3 [37]

with Alicia Lieberman, PhD, and Edward Machtinger, MD



[38]

Staying Safe in Relationships (English) [38]

with Margo Pumar, MD



[39]

Mantenerse Segurx en Relaciones (Español) [39]

con Jacqueline Berrios, MSW, LCSW



[40]

Using Telehealth for Universal IPV Education [40]

with Margo Pumar, MD



[41]

Establishing Routines and Family Expectations [41]

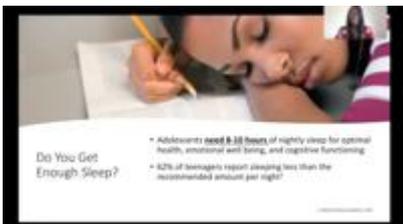
with Lauren M. Haack, PhD



[42]

Feeling Anxious? Ways for Children and Teens to Cope [42]

with Anna Swan, PhD



[43]

Adolescent Sleep During COVID-19 [43]

with E?leya Garcia, MS

Source URL (modified on 07/20/2020 - 4:25pm): <https://psychiatry.ucsf.edu/coronavirus/videos>

Links

[1]

<https://www.youtube.com/watch?v=Mj9PcYbpF8U&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV>

[2] <http://ame.center@ucsf.edu>

[3]

<https://www.youtube.com/watch?v=Mj9PcYbpF8U&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=1>

[4]

<https://www.youtube.com/watch?v=FgLc0oOZe9E&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=2>

[5]

<https://www.youtube.com/watch?v=P8VXuP5S1pE&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=3>

[6]

<http://www.youtube.com/watch?v=sTnTD2zK3UQ&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=4>

[7]

<https://www.youtube.com/watch?v=sTnTD2zK3UQ&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=5>

[8]

http://www.youtube.com/watch?v=ipQ_T506Urs&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=6

[9]

https://www.youtube.com/watch?v=ipQ_T506Urs&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=7

[10]

<https://www.youtube.com/watch?v=F2OIYkWzvYY&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=8>

[11]

https://www.youtube.com/watch?v=m9yOH_ScVms&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=9

[12] <http://www.youtube.com/watch?v=AdzDoSP-lak&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=10>

[13] <https://www.youtube.com/watch?v=AdzDoSP-lak&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=10>

[14] <https://www.youtube.com/watch?v=AdzDoSP-lak&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=10>

[15] <https://www.youtube.com/watch?v=AdzDoSP-lak&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=10>

[16]

<https://www.youtube.com/watch?v=tc0oVEIWR5l&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=11>

[17]

<https://www.youtube.com/watch?v=hziQjRpV4cA&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=12>

[18]

<https://www.youtube.com/watch?v=vpIp0UsUjk8&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=13>

[19] <https://www.youtube.com/watch?v=vpIp0UsUjk8&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=13>

[20]

<http://www.youtube.com/watch?v=l4HFkZ8NpQA&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=14>

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[23]

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[25]

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[26]

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[27]

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[25] <http://www.youtube.com/watch?v=dkT7BSRSH9s&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=26>

[26] <https://www.youtube.com/watch?v=dkT7BSRSH9s&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=27>

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[28] <https://www.youtube.com/watch?v=yEWgqjr1UQs&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=29>

[29] <http://www.youtube.com/watch?v=VpdiNMQpsZ0&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=30>

[30] <https://www.youtube.com/watch?v=VpdiNMQpsZ0&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=31>

[31] <https://www.youtube.com/watch?v=p3YdBwDT9SA&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=32>

[32] <https://www.youtube.com/watch?v=SpFghaTTuyU&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=33>

[33] <https://www.youtube.com/watch?v=S9zodqxsilY&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=34>

[34] <https://www.youtube.com/watch?v=IjqerySuYsg&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=35>

[35] https://www.youtube.com/watch?v=6z7gwla__9M&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=36

[36] <https://www.youtube.com/watch?v=6Eh6lMrPiRk&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=37>

[37] <https://www.youtube.com/watch?v=q2gD7WjhjLs&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=38>

[38] <https://www.youtube.com/watch?v=OKWj-1EU0CU&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=24&t=0s>

[39] <https://www.youtube.com/watch?v=mNc1GgVdvn8&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=40>

[40] https://www.youtube.com/watch?v=_WtYlm6BA_o&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=41

[41] <https://www.youtube.com/watch?v=BcSCQeyGjgA&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=42>

[42] <https://www.youtube.com/watch?v=Leyx4NpWQRo&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=43>

[43] https://www.youtube.com/watch?v=hrC_gqrh-pl&list=PLWXu8EHZjBYpQZi9bs3XwtAssXYlwbTZV&index=28&t=0s