

SOCIAL EMOTIONAL, CIVIC LEARNING & MINDFULNESS RESOURCES (March 2020)

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- COVID-19 Related Resources
- EMOTIONAL INTELLIGENCE, AGILITY, AND WELL-BEING
- SEL-CE & CONTEMPLATIVE PRACTICES IN HIGHER EDUCATION
- MINDFULNESS RESOURCES
- SELF-CARE / COMMUNITY-CARE
- AUDIO, VIDEO RESOURCES – Mindfulness
- ORGANIZATIONS / WEBSITES (with audio, video resources)

COVID-19 Related Resources

Social Emotional Resilience, Mental Health and Well-Being

[Dealing with CORONAVIRUS ANXIETY \(COVID-19\)](#)

[Coronavirus Anxiety and Your Ancient Brain: 10 Skills to Manage Anxiety when the News is Scary](#)

Talking about the emotional toll of the pandemic (Harvard Chan School of Public Health will launch a series of weekly interactive forums to discuss issues and options.) Recorded session: [Resilience in Uncertain Times: Flexible and Mindful Strategies to Cope with Coronavirus-Related Stress](#)

[COVID-19 Well-Being Toolkit and Resources Center for Healthy Minds \(University of Wisconsin-Madison\)](#)

[Using Social Emotional Learning to Help in Times of Stress \(COVID-19\)](#)

[Greater Good Science Center Guide to Well-Being During Coronavirus](#)

[14 Resources for Emotional Health During Coronavirus Times](#)

[10 Well-Being Tips During the Days of Coronavirus](#)

[Four Things to Do Every Day for Your Mental Health](#)

[COVID-19 & Your Mental Health](#)

[Supporting Your Mental Health During Coronavirus](#)

[Coping with Coronavirus Anxiety \(Harvard Medical School\)](#)

[Coronavirus Sanity Guide \(Ten Percent Happier\)](#)

[Cultivating Resilience during COVID-19 \(Koru Mindfulness\)](#)

[10 Ways To Manage The Emotional Challenges Of Social Distancing](#)

[Managing Emotions Effectively in Uncertain Times](#)

[Regulating Emotions in a COVID-19 World](#)

[Flexibility in the Midst of Crisis](#)

[How to Take Care of Your Health and Well-Being in the Time of Coronavirus](#)

[K-12 Teaching / Learning](#)

[Teacher, Interrupted: Leaning into Social-Emotional Learning Amid the COVID-19 Crisis](#)

[Stress Busters in Challenging Times](#)

[A new REALM: IFSEL's TIPS FOR DISTANCE LEARNING](#)

[Online Teaching Can Be Culturally Responsive](#)

[Supporting Students Through Coronavirus](#)

[Online Teaching Can Be Culturally Responsive](#)

[A Trauma-Informed Approach to Teaching Through Coronavirus](#)

[How to Respond to Coronavirus Racism](#)

[Teaching Through Coronavirus: What Educators Need Right Now](#)

[A Healthy Reminder to Educators During School Closures](#)

[Speaking Up Against Racism Around the New Coronavirus](#)

[SELf-Care / Community-Care / Greater Good](#)

[Transforming Chaos into Health & Wholeness](#)

[CASEL CARES: Strategies for Being Your Best Possible 'SELf' with Dr. Marc Brackett](#)

[SEL and Self-Care Resources for Educators, Schools, and Parents Related to COVID-19 - Curated by Nick Woolf, \(Tisch SEL-CE graduate assistant\)](#)

[COVID-19: How Can We Make Choices That Promote the Common Good?](#)

[COVID-19 and Our Common Humanity](#)

[Why Taking Care of Your Own Well-Being Helps Others: Our emotional well-being can benefit the people around us.](#)

[We are All Connected: Civility in the Time of COVID-19](#)

[Self-Compassion and COVID-19](#)

[Self-Love in the Time of Coronavirus](#)

[Three Reasons to Practice Gratitude During the Coronavirus Crisis \(COVID-19\)](#)

[14 Days of Gratitude Self-Reflection Journal](#)

[How to turn the coronavirus anxiety into something positive](#)

How to Avoid Feeling Defeated in Today's Crazy World: The world's problems may feel overwhelming, but we can nurture our caring spirit so we stay active in solving them.

A guide to preventing and addressing COVID-19 stigma

How Can We Stop Prejudice in a Pandemic?

Mindfulness

How Mindfulness Can Help You Navigate the Coronavirus Panic

How to Keep the Greater Good in Mind During the Coronavirus Outbreak: In the midst of our panic around COVID-19, we must look to each other to help us get through it.

How to STOP, Breathe, Listen and Connect During the COVID-19 Outbreak: We can support each during this health crisis by connecting with our essential goodness and compassion.

How You Can Help Others by Practicing Mindfulness “So many cultures, spiritual traditions, and even social and neuroscience tell us that our emotions, positive or negative, are contagious. Sometimes, we are called to be the calm one in the storm buffeting humanity, as COVID-19 has done in this lifeboat we call planet earth.”

Our Calm is Contagious: Meditation teacher Tara Brach offers some tips for calming your coronavirus anxiety — so you can better care for others.

Mindfulness Buffers the Impact of COVID-19 Outbreak Information on Sleep Duration
Free Online Meditation Resources for Times of Social Distancing / COVID-19

Kripalu Online Classroom

Contemplation in the time of Corona (Contemplative Teaching & Learning in Higher Education)

Recorded online sessions:

Harvard Chan School of Public Health Talking about the emotional toll of the pandemic (a series of weekly interactive forums to discuss issues and options.)

Recorded Presentation:

Resilience in Uncertain Times: Flexible and Mindful Strategies to Cope with Coronavirus-Related Stress

Managing Stress: Grounding Strategies for Dealing with the COVID-19 Pandemic

Yale Center for Emotional Intelligence webinars:

Recorded Webinars:

Managing Anxiety Around COVID-19: Tips for You & Your School Community

CASEL CARES: Strategies for Being Your Best Possible 'SELf' with Dr. Marc Brackett

NOTE: Google Doc with resources is updated daily during the COVID-19 crisis:

<https://docs.google.com/document/d/1NioOHQgQTj56BTdY5W5BiVOMJxIQbljS2LemcK54UTw/edit?usp=sharing>

EMOTIONAL INTELLIGENCE, AGILITY, AND WELL-BEING

Brackett, M.A. (2019) *Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive*. Celadon Books. <https://us.macmillan.com/books/9781250212849>

<https://www.marcbrackett.com/the-emotion-scientist-blog/>

David, S. The gift and power of emotional courage – TED talk by Susan David, author of *Emotional Agility*
https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage?language=en

Interview: David, S. (with Lewis Howes) The Art of Emotional Agility. (February 18, 2018).
<https://www.youtube.com/watch?v=p92f3Jg9mNc>

The Science of Well-Being (Free Yale University online course)
<https://www.coursera.org/learn/the-science-of-well-being>

Keys to Well-Being – Greater Good Science Center, UC Berkeley
<https://greatergood.berkeley.edu/key>

Immordino-Yang, MH, Darling-Hammond, L., Krone, C. (2018). The Brain Basis for Integrated Social, Emotional, and Academic Development: How emotions and social relationships drive learning. The Aspen Institute.
<https://www.aspeninstitute.org/publications/the-brain-basis-for-integrated-social-emotional-and-academic-development/>

The Power of Rest In and For Education: An “Idle” Conversation About the Social Brain with Mary Helen Immordino-Yang <https://internationalednews.com/2015/11/11/the-power-of-rest-in-and-for-education-an-idle-conversation-about-the-social-brain-with-mary-helen-immordino-yang/>

Association for Psychological Science (APS) Rest Is Not Idleness: Reflection Is Critical for Development and Well-Being (July 2, 2012). <https://www.psychologicalscience.org/news/releases/rest-is-not-idleness-reflection-is-critical-for-development-and-well-being.html>

Why Your Brain Needs More Downtime: Research on naps, meditation, nature walks and the habits of exceptional artists and athletes reveals how mental breaks increase productivity, replenish attention, solidify memories and encourage creativity (*Scientific American*)
<https://www.scientificamerican.com/article/mental-downtime/>

National Equity Project: Social-Emotional Learning & Equity
<https://nationalequityproject.org/about/social-emotional-learning-equity>
Yale Center for Emotional Intelligence - <http://ei.yale.edu> - <http://ei.yale.edu/todays-students-may-emotionally-unprepared/> - Emotion Revolution - <http://ei.yale.edu/?s=emotion+revolution>

Doing Something Creative Can Boost Your Well-Being: A new study suggests that small acts of creativity in everyday life increase our overall sense of well-being.
<https://www.mindful.org/something-creative-can-boost-well/>

Greater Good in Education
<https://ggie.berkeley.edu/>

5 reasons to engage in Mandala coloring (free book included)
<https://kripalu.org/resources/how-start-mandala-practice-plus-free-coloring-book>

You Can Now Virtually Tour These U.S. National Parks From Wherever You Are
<https://www.apartmenttherapy.com/free-us-national-parks-virtual-tours-36735495>

SEL-CE & CONTEMPLATIVE PRACTICES IN HIGHER EDUCATION

AAC&U Diversity & Democracy Special Issue: Intersectionality and Well-Being
<https://www.bttop.org/resources/publications/diversity-democracy-special-issue-intersectionality-and-well-being>

AAC&U Diversity & Democracy Special Issue: Civic Engagement and Psychosocial Well-Being

<https://www.aacu.org/liberaleducation/2011/spring>

The Problem of Self-Care in Higher Education: Students struggle to care for themselves in higher education... and so do faculty.

<https://www.insidehighered.com/advice/2020/01/10/importance-caring-ones-students-and-oneself-academe-opinion>

How a student's panic attack changed my approach to teaching

<https://www.sciencemag.org/careers/2019/09/how-student-s-panic-attack-changed-my-approach-teaching>

Swallow, J. (2018). Why We Must Balance Emotion and Intellect: The best college teaching has always included both rational argument and emotional insight. *Inside Higher Ed*. July 10, 2018

<https://www.insidehighered.com/views/2018/07/10/students-today-need-colleges-value-emotions-well-intellect-opinion>

Contemplative Community in Higher Education Toolkit

<http://www.contemplativemind.org/admin/wp-content/uploads/Toolkit022819c.pdf>

The Association for Contemplative Mind in Higher Education

<https://www.contemplativemind.org/programs/acmhe>

MINDFULNESS RESOURCES

The aim of mindfulness is not to intentionally clear the mind of thoughts. It is to understand how the mind works. To see how it unwittingly ties itself in knots to create anxiety, stress, unhappiness, and exhaustion. It teaches you to observe how your thoughts, feelings, and emotions rise and fall like waves on the sea. And in the calm spaces in between lie moments of piercing insight.

– Danny Penman (author, *The Art of Breathing: the secret to living mindfully*)

Social Emotional Stamina is cultivated when social-emotional learning is interlinked with mindfulness—the practice of maintaining present moment awareness and non-judgmental acceptance of one's feelings, thoughts and bodily sensations within the surround of one's environment (Greater Good Science Center, n.d.). It is about developing a balanced, calm autonomic nervous system, as a baseline state, to manage fight or flight responses (Seppala, 2016; Yuan & Silberstein, 2016); this baseline state helps one to more readily access and activate social-emotional skills during stressful, contentious situations (Hammond, 2015).

How mindfulness changes the emotional life of our brains | Richard J. Davidson | TEDxSanFrancisco

https://www.ted.com/talks/richard_j_davidson_how_mindfulness_changes_the_emotional_life_of_our_brains_jan_2019

Moving mindfulness from 'me' to 'we'

<https://www.opendemocracy.net/en/transformation/civic-mindfulness/>

A Mindful Approach to Race and Social Justice

<https://www.youtube.com/watch?v=1DPw09eTa7o>

<https://www.rhondavmagee.com/>

How to Meditate with Anxiety

<https://www.mindful.org/mindfulness-meditation-anxiety/>

Anxious? Three Ways to Get Out of Panic Mode: When you feel overwhelmed with panic, try these mini-mindfulness practices to help calm anxiety <https://www.mindful.org/high-anxiety/>

Anxiety is Also Contagious. Here's How to Calm Down

<https://www.mindful.org/covid-anxiety-is-also-contagious-heres-how-to-calm-down-america/>

How the Body Scan Meditation Practice Reduces Biological Stress: A daily 20-minute body scan practice may reduce your mental and physical stress levels, according to new research.

<https://www.mindful.org/how-the-body-scan-meditation-practice-reduces-biological-stress/>

Why Mindfulness Meditation Begins with the Breath: We can learn a lot from the natural rhythm, pace, and unfussiness of how the breath continues its work, without making a big deal out of it: <https://www.mindful.org/6-reasons-why-mindfulness-begins-with-the-breath/>

The S.T.O.P. Practice: Creating Space Around Automatic Reactions: Rhonda Magee takes us through this simple portable mindfulness practice she uses to find calm when difficult moments arise.
<https://www.mindful.org/the-s-t-o-p-practice-creating-space-around-automatic-reactions/>

One Week of Mindfulness Meditation May Help You Process Your Emotions
<https://www.mindful.org/one-week-of-mindfulness-meditation-may-help-you-process-your-emotions/>

The Mindfulness Skills that is Crucial for Stress
<https://www.mindful.org/the-mindfulness-skill-that-is-crucial-for-stress/>

Rewire Your Anxious Brain (Mindful Magazine, April 2019| Issue № 37)
<https://www.mindful.org/issue/april-2019/>

Nine Ways To Ensure Your Mindfulness Teaching Practice Is Trauma-Informed
<https://www.kqed.org/mindshift/53228/nine-ways-to-ensure-your-mindfulness-teaching-practice-is-trauma-informed>

Scientific Benefits of Intentional Breathing: Longer Exhalations Are an Easy Way to Hack Your Vagus Nerve
<https://www.psychologytoday.com/us/blog/the-athletes-way/201905/longer-exhalations-are-easy-way-hack-your-vagus-nerve>

Science Confirms That the Vagus Nerve Is Key to Well-being: The mysterious nerve network that quiets pain and stress — and may defeat disease
<https://elemental.medium.com/science-confirms-that-the-vagus-nerve-is-key-to-well-being-c23fab90e211>

The Scientific Benefits of Breathing Infographic
<https://emmaseppala.com/benefits-breathing-scientific-benefits-breathing-infographic/>

Breathe. Exhale. Repeat: The Benefits of Controlled Breathing (NYT)
<https://www.nytimes.com/2016/11/09/well/mind/breathe-exhale-repeat-the-benefits-of-controlled-breathing.html>

Breathe Better: How to Improve Your Mind, Attention, and Memory
<https://bigthink.com/videos/emma-seppala-use-breathing-techniques-to-calm-yourself>

Breathing: The Little-Known Secret to Peace of Mind
<https://www.psychologytoday.com/us/blog/feeling-it/201304/breathing-the-little-known-secret-peace-mind>

RAIN: A Mindfulness Practice for Welcoming Your Emotions – mindful.org
<https://www.mindful.org/rain-a-mindfulness-practice-for-welcoming-your-emotions/>
R — Recognize A — Acknowledge I — Investigate N — Non-identify

How Labels Help: Tame Reactive Emotions by Naming Them (mindful.org)
<https://www.mindful.org/labels-help-tame-reactive-emotions-naming/>

One Thing to Change: Embrace Mindfulness

<https://news.harvard.edu/gazette/story/2019/07/focal-point-harvard-professor-ellen-langer-wants-everyone-to-question-their-assumptions/>

Lazar Lab, Harvard U. "Meditation can produce experience-based structural alterations in the brain."
https://scholar.harvard.edu/sara_lazar/home

Can We Talk? Three mindfulness practices that encourage generous conversations (mindful.org)
<https://www.mindful.org/can-we-talk/>

Three Ways Mindfulness Can Make You Less Biased (greatergood.berkeley.org)
https://greatergood.berkeley.edu/article/item/three_ways_mindfulness_can_make_you_less_biased

Why Mindfulness is the Answer to Unconscious Bias
<https://www.mindfulleader.org/blog/26600-why-mindfulness-is-the-answer-to>

When Mindfulness and Racism Intersect
<https://www.mindful.org/povmindfulnessforall/>

How Mindfulness Can Help Dislodge Unconscious Racial Biases
https://www.huffpost.com/entry/mindfulness-racism_n_6288040?ncid=engmodushpmg00000003

SELF-CARE / COMMUNITY-CARE

The Importance of Self-Care (TED Talks)
https://www.ted.com/playlists/299/the_importance_of_self_care

Self-Compassion – Dr. Kristin Neff - <https://self-compassion.org>

Self-care isn't enough. We need community care to thrive.
<https://mashable.com/article/community-care-versus-self-care/>

Self-care is community care <http://www.forharriet.com/2018/03/self-care-is-community-care.html>

Self-Care is a Radical Act, But Not in the Way We're Practicing It Right Now
<https://www.flare.com/living/self-care-is-a-radical-act/>

Self-Care in Activism and the #BlackLivesMatter Movement
<https://medium.com/@DrBFPalmer/tips-for-self-care-in-activism-and-the-blacklivesmatter-movement-b501052d6379>

When Self-Care Becomes a Weapon: Self-care practices that actually work
<https://www.psychologytoday.com/us/blog/healing-together/201907/when-self-care-becomes-weapon>

A Loving-Kindness Practice to Foster Self-Acceptance
<https://www.mindful.org/the-mindful-practice-podcast-loving-kindness-with-sharon-salzberg/>

The Three Types of Empathy: Emotional, Cognitive, Compassionate
<https://blog.heartmanity.com/the-three-kinds-of-empathy-emotional-cognitive-compassionate>

AUDIO, VIDEO RESOURCES – Mindfulness

The Center for Kuru Mindfulness - Evidence-based meditation & mindfulness for college-aged adults

Guided Meditations: <https://korumindfulness.org/guided-meditations>

Free Audio Resources for Mindfulness Meditation

<https://www.mindful.org/audio-resources-for-mindfulness-meditation/>

Five Free Mindfulness Apps Worthy of Your Attention (mindful.org)

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

Mindfulness and Racial Bias: Straight Talk with Rhonda Magee JD

<https://www.youtube.com/watch?v=je1JPfQXOYA>

A 10-Minute Meditation to Work with Difficult Emotions

https://www.mindful.org/a-10-minute-meditation-to-work-with-difficult-emotions/?mc_cid=9c10bdaea8&mc_eid=dd75c17607

Present Moment Mindfulness Practice and Science

<https://presentmomentmindfulness.com>

The Morning Intention Setting Meditation: The Small Habit That Could Change Your Life

<https://themindfulnesssummit.com/sessions/morning-intention-setting-meditation/>

Mindfulness in Daily Life – Oprah Winfrey Interview with Jon Kabat-Zinn

<https://www.youtube.com/watch?v=D5r2sBQM31k>

ORGANIZATIONS / WEBSITES (with audio, video resources)

Tufts University – Mindfulness, Emotional Intelligence, and Social Emotional Learning

<http://students.tufts.edu/health-and-wellness/health-promotion/mindfulness-emotional-intelligence-and-social-emotional-learning>

The Center for Contemplative Mind in Society (CMind) - <http://www.contemplativemind.org>

ICEA Journal: Social Justice, Inner Work & Contemplative Practice

<http://www.contemplativemind.org/icea>

Greater Good Science Center <https://greatergood.berkeley.edu/>

UMASS Medical School Mindfulness-Based Stress Reduction (MBSR)

<https://www.umassmed.edu/cfm/mindfulness-based-programs/>

University of Southern California - Thrive Program

<https://wellbeing.usc.edu/programs/thrive/>

<https://news.usc.edu/154075/new-course-on-thriving-at-usc-and-beyond-earns-rave-reviews/>

Wake Forest University – Wellbeing Collaborative

<http://wellbeingcollaborative.wfu.edu>

University of Washington – Resilience Lab & Wellbeing for Life and Learning Initiative

<http://wellbeing.uw.edu/unit/resilience-lab/>

<https://wellbeing.uw.edu/get-involved/well-being-for-life-learning-initiative/>

Harvard University Center for Wellness and Health Promotion – online “Relaxation Room”

<https://wellness.huhs.harvard.edu/relaxation-room>

How Meditation Can Re-Shape Our Brains – Sara Lazar (TEDx Cambridge)
<https://www.youtube.com/watch?v=m8rRzTtP7Tc>

UCLA Mindful Awareness Research Center <http://marc.ucla.edu>

UC San Diego Center for Mindfulness
<https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

UVA Mindfulness Center
<https://med.virginia.edu/mindfulness-center/continue-your-practice/audio-recordings/>

UVM Mindfulness
<https://soundcloud.com/mindfulnessuvm>

University of Wisconsin Mindfulness Meditation Podcast Series
<https://www.fammed.wisc.edu/mindfulness-meditation-podcast-series/>

Vanderbilt University Relaxation Audio
<https://www.vumc.org/health-wellness/resource-articles-blog/relaxation-audio>