

Resources and Publications for Staff, Students, Parents During Health-Related School Closure

Links and Publications on Mental Wellness and Coronavirus

1. [Mental Health and Coping During COVID-19](#)
2. [7 science-based strategies to cope with coronavirus anxiety](#)
3. [5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)
4. [How to Talk to Your Anxious Child or Teen About Coronavirus | Anxiety and Depression Association of America, ADAA](#)

Links and Publications Related to impact of Social Distancing and Mental Wellness

1. [How to Prevent Loneliness in a Time of Social Distancing - Scientific American](#)
2. [How social distancing for coronavirus could cause a loneliness epidemic](#)

Links and Publications on Student Engagement via Online Learning

1. [Ten Ways to Overcome Barriers to Student Engagement Online](#)

*Compiled by and used with permission from Watchung Hills Regional High School