

## ***Sheltering in Peace Staying Sane in These Time of Emotional Challenge***

**Suggested Resource from presenter and OML member Mary Olowin:**

These are resources I used in preparing today's talk, and that friends use and have recommended to me:

<https://psychiatry.ucsf.edu/coronavirus>

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

The youtube video is on managing emotions in COVID19 time:

[https://www.youtube.com/watch?v=Mj9PcYbpF8U&list=PLWXu8EHZjBYoJixSpL\\_S5tV7XeUvA1JP4](https://www.youtube.com/watch?v=Mj9PcYbpF8U&list=PLWXu8EHZjBYoJixSpL_S5tV7XeUvA1JP4)

<https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital>

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For Kaiser members there's an app for achieving a Calm state of mind and an app for accessing one's Strengths.

The Daily Stoic podcast is centered on the stoic virtues of courage, justice, wisdom & temperance. In one podcast related to the pandemic Tim Ferris said that when he has rehearsed what might happen he has been more prepared to deal with the reality when it does happen. (He was talking about the drop in value of his stock.)

Richard Rohr, OFM - a Franciscan, founder of the Center for Action and Contemplation. He offers daily meditations.

In 2001 Pema Chodron, a Buddhist nun, wrote *The Places That Scare You: A Guide To Fearlessness In Difficult Times*. One chapter is entitled "When the Going gets Rough". She suggests that we use obstacles as teachers.

There are many, many other great resources. If you'd like to share your favorites with me I'm at [mary@olowin.org](mailto:mary@olowin.org)