



Stress Management

Feeling anxious about coronavirus?

- You're not alone. [This toolkit from Shine and Mental Health America can help: virusanxiety.com](#). We're in this together.

Feeling overwhelmed or stressed?

- Headspace offers [free guided meditation](#)
- Headspace Plus [Free for Health Professionals](#)
- [Pandemic Stress](#)

COVID 19 Emergency Relief Resources for PDX (and Beyond)

- [Health, Wellness, and Fitness Listings](#)