



UCSF

Center for ASD
Service Training Advocacy

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Coping



- ***Self-Care for Parents*** [1]
- ***AFIRM: Prioritize Coping and Calming Skills*** [2]
- ***Calm (Free meditations, music, and sleep stories)*** [3]
- ***Home Workouts***[4]
- ***Tips to Stay Clearheaded***[5]
- ***UCLA Guided Meditations***[6]

UCSF Main Site

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Links

[1] <https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

[2] <https://afirm.fpg.unc.edu/prioritize-coping-and-calming-skills>

[3] [https://www.calm.com/blog/take-a-deep-](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720)

[breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720)

[4] [https://docs.google.com/spreadsheets/d/1LEiR7qlobxVlo0_2ydPRsiRrLSwRa-](https://docs.google.com/spreadsheets/d/1LEiR7qlobxVlo0_2ydPRsiRrLSwRa-paYktiurwVPNY/htmlview?sle=true#gid=118880989)

[paYktiurwVPNY/htmlview?sle=true#gid=118880989](https://docs.google.com/spreadsheets/d/1LEiR7qlobxVlo0_2ydPRsiRrLSwRa-paYktiurwVPNY/htmlview?sle=true#gid=118880989)

[5] <https://www.ucsf.edu/news/2020/03/416836/feeling-anxiety-about-coronavirus-psychologist-offers-tips-stay-clearheaded>

[6] <https://www.uclahealth.org/marc/mindful-meditations>