



MASSACHUSETTS
GENERAL HOSPITAL



HARVARD
MEDICAL SCHOOL

Mental Health Resources for the COVID-19 Pandemic

Dr. Luana Marques



How to Handle Coronavirus Anxiety | Special Edition

03/13/2020

Ten Percent Happier with Dan Harris Podcast

<https://www.tenpercent.com/coronavirussanityguide>



Mindfulness during the coronavirus: Harvard professor's tips to help lower anxiety

03/15/2020

Good Morning America

<https://www.goodmorningamerica.com/wellness/story/mindfulness-coronavirus-harvard-professors-tips-lower-anxiety-69555324>



Cognitive Behavioral Strategies to Manage Anxiety: Tools to Build Resilience

03/19/2020

MGH Psychiatry Grand Rounds: The 7th Harry E. Ford, III, MD/Margaret Henahan Lecture on Psychiatric Treatments of Minority and Underserved Populations

<https://vimeo.com/398929603/0dcf0ba166>



Quarentena: profissionais de saúde dão dicas para manter a saúde mental em tempos de coronavírus

03/22/2020

TV Globo Brazil (Portuguese)

<https://g1.globo.com/fantastico/noticia/2020/03/22/quarentena-profissionais-de-saude-dao-dicas-para-manter-a-saude-mental-em-tempos-de-coronavirus.shtml>



How to Handle Anxiety during a Pandemic

03/25/2020

Bernie and Sid in the Morning, 77 WABC Radio

<https://www.wabcradio.com/episode/dr-luana-marques/>



Coping with Coronavirus Anxiety

03/25/2020

The Guardian

<https://www.instagram.com/tv/B-KFMtEI417/?igshid=t8m4srw51sqx>



I have clinical anxiety. If the coronavirus scares you, this might help 03/25/2020
Globe Magazine
<https://www.bostonglobe.com/2020/03/25/magazine/i-have-clinical-anxiety-if-coronavirus-scares-you-this-might-help/>



Regulating Emotions & Building Resiliency in the Face of a Pandemic 03/26/2020
Harvard Medical School Webinar Series
<https://www.health.harvard.edu/diseases-and-conditions/coping-with-coronavirus>
1: The Role of Anxiety
<https://www.youtube.com/watch?v=q9XRPOA7h-g>
2: Slowing Down the Brain
<https://www.youtube.com/watch?v=PTAKzXKYDKw>
3: Charging Up
<https://www.youtube.com/watch?v=i3iz-KmQJv8>
4: Exploring Thoughts
<https://www.youtube.com/watch?v=X4GFZRx1Mm0>



Coping with the Stress of Coronavirus 4/1/2020
Harvard Medical School COVID-19 Live Webinar
<https://postgraduateeducation.hms.harvard.edu/thought-leadership/strengthening-resiliency-health-care-providers-during-covid-19-pandemic>



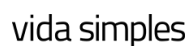
Managing Anxiety COVID-19 4/1/2020
Live with Astrid Fontenele
<https://www.otempo.com.br/mobile/diversao/coronavirus-saia-justa-debate-saude-mental-e-as-formas-de-se-relacionar-1.2319561?amp>



Leadership and Management Amid Crisis 4/2/2020
CNBC @Work Livestream
<https://www.youtube.com/watch?v=Vbp8y--thqY&feature=youtu.be>











Face the Nation 4/5/2020
CBS
<https://www.youtube.com/watch?v=Xh4FsDjNDyQ>



O mínimo que você precisa saber para manter a sanidade 4/7/2020
Vida Simples
<https://vidasimples.co/colunistas/o-minimo-que-voce-precisa-saber-para-manter-a-sanidade>



Práticas e técnicas para reduzir a ansiedade no isolamento 4/8/2020
Claudia Magazine
<https://claudia.abril.com.br/saude/praticas-e-tecnicas-para-reduzir-a-ansiedade-no-isolamento/>

-  **What we've learned about how remote work is changing us** 4/9/2020
CNBC
<https://www.cnbc.com/2020/04/09/heres-what-we-know-about-how-remote-work-changes-us.html>
-  **主に捨てられ...ペットを保護 死者最多 アメリカの現実** 4/10/2020
Protecting Pets
Fuji Television
<https://www.fnn.jp/articles/-/32308>
-  **「コロナうつ」が急増 心の健康どう守る？ハーバード大准教授が勧める7つのポイント** 4/14/2020
"Corona depression" is increasing rapidly
How to protect your mental health
7 points recommended by Harvard Associate Professor
Fuji Television
<https://www.fnn.jp/articles/-/32102>
-  **Helping Communities Cope with the Stress of COVID-19** 4/17/2020
MGH Psychiatry
<https://giving.massgeneral.org/helping-communities-cope-with-the-stress-of-covid-19/>
-  **Could you get PTSD from your pandemic experience? The long-term mental health effects of coronavirus** 4/18/2020
CNBC Make It
<https://www.cnbc.com/2020/04/17/long-term-mental-health-ptsd-effects-of-covid-19-pandemic-explained.html>
-  **Three Tips to Help Manage Stress and Anxiety During the Pandemic** 4/21/2020
Mass General Research Institute Blog
<https://mghresearchinstitute.org/2020/04/21/three-tips-to-help-manage-stress-and-anxiety-during-the-pandemic/>
-  **Harvard Anxiety Expert Dr. Luana Marques** 4/24/2020
WSPA TV: Interview with Amy Wood
<https://www.facebook.com/AmyWood/videos/642571936308364/>
-  **Corona-Angst: Waffenkaufe in den USA steigen** 4/28/2020
Corona-Fear: Arms sales in the US are increasing
ZDF German Television
https://zdfheute-stories-tap.zdf.de/waffen_usa_corona
-  **COVID-19 Impact on Mental Health and Developing Countries** 4/29/2020
C-SPAN Washington Journal
<https://www.c-span.org/video/?471594-1/covid-19s-impact-mental-health-developing-countries>



We've been left to calculate our virus risk on our own. We're terrible at it.

5/7/2020

The Washington Post

https://www.washingtonpost.com/outlook/coronavirus-risk-analysis-fear/2020/05/07/88225144-8f49-11ea-a0bc-4e9ad4866d21_story.html

Upcoming Scheduled Interviews/Events



The New York Times

TBD



MGH Mind, Mood & Memory

TBD



Yahoo Finance

TBD



WGBH Boston Talks

5/20/2020

Hosted by Edgar Herwick of WGBH's Curiosity Desk, this virtual event is part of our BostonTalks event series and we will be discussing fitness (physical and mental) in COVID-19 environment. This event will feature three segments - each will be a 10 minutes interview followed by roughly 10 minutes of audience Q&A.



CNBC MyAbilities Mental Health Awareness Panel

5/2020



American Public Health Association

7/2020