

COVID-19 myStrength Offering: Currently accessible modules (as of 041620)

- Note: Livongo may add or remove resources in the future.

Activity/Resource	Description
COVID-19 and Mental Wellness	Brief overview of COVID & effects on mental health
Processing Emotions About COVID-19	Understanding and adjusting feelings related to COVID
Coping Skills During the COVID-19 Pandemic	Practical actions to take to manage the stress of COVID (e.g. limit social media intake)
Parenting in Challenging Times	Supporting your family in the midst of COVID while managing your own stress
Tools and Resources About COVID-19	Vetted, trusted resources curated for members (e.g., CDC, WHO, SAMHSA)
Inner Calm in Turbulent Times	A guided meditation to help create stillness in these chaotic days of COVID
Keeping Your Relationship Strong During COVID-19	Ways to stay positive and connected in stressful times
Managing Time at Home With the Kids	Tips for creating a safe space and support during the COVID-19 crisis
Use Grounding to Pause and Find Your Way Forward	A practical exercise to ease feelings of anxiety
Managing Overwhelming Thoughts about COVID-19	Understanding the power of thoughts and how to create space between thoughts
Breathing to Calm Yourself	A short and practical breathing exercise to help manage stress
A Simple Way to Practice Mindfulness	A practical way to incorporate mindfulness into everyday tasks
Keeping Perspective in Crisis	Ways to focus on a resiliency frame of mind in the midst of a crisis
Changing Plans and Handling Disappointment	Ways to deal with unexpected changes

Staying Connected While Social Distancing	Understanding the importance of connection while restricted and practical ways to stay in touch
Relaxation Visualization: "Forest"	A visualization relaxation exercise to help with stress
Relaxation Visualization: "Beach"	A visualization relaxation exercise to help with stress
Don't Believe All Your Thoughts	Ways to replace hindering thoughts with helpful ones
Spaciousness	A mindful practice to create space in your mind to allow all feelings
The Art of Asking	Practical strategies to communicate your needs
Are You Listening	Ways to build connections with others through listening
Gratitude Meditation	A meditation focused on gratitude to help with stress
Wise Mind	Ways to find a balance between your 'reasonable mind' and 'emotional mind' when making decisions
Stop Wishing Start Living	Practicing accepting rather than wishing things were different
Sooth Your Senses	A relaxation practice using your five senses
Feel-Good Compromise	Ways to keep the peace when you disagree