

# Resources from "Calm the Chaos" Webinar

## Taking Care of Yourself

- [Self-Care Assessment](#) (TherapistAid)
- [Taking Care of Your Emotional Health](#) (CDC)
- [Stress and Coping](#) (CDC)
- [Coping with a Disaster or Traumatic Event](#) (CDC)
- [Coping with COVID-19 Toolkit](#) (University of Illinois)
- **Stress and Anxiety Management:**
  - [Stress relief from laughter? It's no joke](#) (Mayo Clinic)
  - [6 Relaxation Techniques to Reduce Stress](#) (Harvard Health)
  - [Managing Stress and Anxiety \(American Sign Language Video\)](#) (CDC)
  - [Relaxation Skills for Anxiety](#) (University of Michigan)
- **For caregivers:**
  - [Self-Care for the Caregivers](#) (Harvard Health)
  - [Taking Care of You](#) (Caregiver.org)

## Taking Care of Children

- [Caring for Children](#) (CDC)
  - [Helping Children Cope with Emergencies](#) (CDC)
  - [Coping After a Disaster pdf](#) – A Ready Wrigley activity book for children age 3-10 (CDC)
  - [Talking with Children about COVID-19](#) (CDC)
- [Fussy Baby Network](#) (Erikson Institute)
  - [FAN as a Grounding Tool in Uncertain Times – ARC of Engagement](#)
  - [FAN as a Grounding Tool in Uncertain Times – Mindful Self-Regulation \(MSR\)](#)
- [Social Story on Coronavirus](#) (Amanda McGuinness, The Autism Educator)
- [Resource List for Learning at Home during Trying Times](#) (IL Early Learning Project)
- [Keep Young Children at Home during Trying Times](#) (IL Early Learning Project)
- [Everyday Early Intervention During Coronavirus](#) (IL Early Intervention)

## Taking Care of Business

- [COVID-19 Resources and Information](#) (EITP) – updated almost daily with resources and updates from IDHS and other Illinois EI partners
- [Coronavirus resources for Early Childhood Professionals](#) (Zero to Three)