# Online Resources for Dealing with Stress and Uncertainty

## Happify Daily Resources

**Articles:**
- Why Combining Grit with Compassion can help us now?
- Ask Yourself This Question the Next Time You’re Feeling Frantic
- How To Turn 11 Everyday Phrases From Negative to Positive

**Video:**
- Psychiatrists Share Their Best Coronavirus Self-Care Tips

## Greater Good Science Center Resources

**Articles:**
- Greater Good’s Guide to Well-Being During Coronavirus
- How Our Brains Can Find Peace in a Crisis
- Just One Thing: Accept Difficulty
- How to Stop Feeling So Helpless During Quarantine
- How to Protect Your Well-Being at Work During a Crisis

**Practices:**
- Self-Compassion
- Resilience to Stress
- Mindfulness

**Podcasts:**
- Remembering to Breathe
- Step away from Anxiety
- How to Find Your Silver Linings

## Very Well Mind Resources

**Guides:**
- Coping with Coronavirus
- Managing Job Stress

**Articles:**
- How to Stay Mentally Healthy During the Coronavirus Pandemic
- How to Stay Motivated When You Are Working from Home