

Midwestern State University

Articles of Interest

Managing Stress

[Blessing Health System – General Tips for Dealing with COVID-19 Stress](#)

[Centers for Disease Control – Stress and Coping](#)

[Centers for Disease Control – Taking Care of Your Emotional Health](#)

[How to Stay Mentally Healthy Amidst the COVID-19 Pandemic](#)

[NAMI – How to Ease Children’s Anxiety about COVID-19](#)

[Suicide Prevention Lifeline – Emotional Wellbeing During COVID-19](#)

[U.S. Department of Veterans Affairs – COVID-19 Resources for Managing Stress](#)

Tips for Working Remotely

[New York Times – How to Work From Home if You’ve Never Done it Before](#)

[The Muse – 7 Essential Tips for Working From Home During the Coronavirus Pandemic](#)

[Think with Google – Working from Home? 4 Tips for Staying Productive](#)

Professional Development: Books

“7 Habits of Highly Effective People” by Stephen Covey

“Eat That Frog” by Brian Tracy

“Emotional Intelligence 2.0” by Travis Bradberry & Jean Greaves

“How to Get to Yes” by Roger Fisher and William Ury

“The Power of Moments” by Chip Heath and Dan Heath

“Who Moved My Cheese” by Dr. Spencer Johnson