**Resource List COVID and CANCER 3/31/20**

Colorado Ovarian Cancer Alliance Resource Guide COVID19 – Click [here](https://www.ovariancancerguideco.org/).

**Books:**

The body Keeps The Score – Bessel van der Kolk

On Grief and Grieving – Elisabeth Kubler Ross & David Kessler

When Things Fall Apart – Pema Chodron

Trauma Stewardship: An everyday guide to caring for self while caring for others – Connie Burk and Laura van Dernoot Lipsky

**Articles:**

David Kessler HBR (Grief) – Click [here](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief).

Melanie Stachelski Cancer Warriors (Counselor in Denver, CO) – Click [here](https://www.cocancercounseling.com/covid19).

Brene Brown (Unlocking Us Podcast and Newsletter) – Click [here](https://brenebrown.com/unlockingus/).

American Cancer Society COVID 19 – Click [here](https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/emotional-mood-changes.html).

NCCN Guidelines on Self-Care and Compassion – Click [here](https://www.nccn.org/members/committees/bestpractices/files/Distress-Management-Clinician-COVID-19.pdf).

Anxious about COVID? Chopra – Click [here](https://chopra.com/articles/anxious-about-the-coronavirus-here-are-eight-practical-tips-on-how-to-stay-calm-and-support?utm_source=Newsletter&utm_medium=Email&utm_content=200310-March-Newsletter&utm_campaign=Newsletter2020310).

**Self-Guided Resources:**

Yoga with Adriene – Click [here](https://www.youtube.com/user/yogawithadriene).

Self-compassion Guided Meditations – Click [here](https://self-compassion.org/category/exercises/#guided-meditations).

Oprah and Deepak Chopra Guided Meditation on Uncertainty (FREE) – Click [here](https://chopracentermeditation.com/article/6-oprah_deepaks_21_day_meditation_experience?sso_code=eyJpdiI6IjU5aHdEdW9Nd0F2ekhxa1hIeFJhOUE9PSIsInZhbHVlIjoiZjBVZzZCZjI2RG5wWDNEV0FCQkRmbVwvaVpSRnVKc2hzYnNtelJJZjJLblFxem1Sdk9FVVBBNDdJcGc4U0lEclViQ3N0WGpWTk1cL0crbDl1TEJ3UWR0Y3p3NnBHSVQyK0lSRk5WdkFBNEI3cz0iLCJtYWMiOiI1ZWU3MjZiNGU5Y2U4ZjMzNzIwZDc0NWM5ZTZlNzFkY2Y3NGMzYzJiZDBiYWZhMzM3ZTU5NTI0ODA4NjIxZTYxIn0%3D).

Deep Breathing Exercises – Click [here](https://www.healthline.com/health/breathing-exercise#belly-breathing).

Calm (guided meditation app) – Click [here](https://www.calm.com/).

Calm (app) free guided meditations – Click [here](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720).

Sonvello (app for anxiety, stress, and depression) – Click [here](https://www.sanvello.com/).

Guided Meditaitons for Caregivers – Click [here](https://www.youtube.com/watch?v=6egHdOU-Cn8).

**National Resources:**

Cancercare – Click [here](https://www.cancercare.org/).

NCCN Guidelines COVID19 – Click [here](https://www.nccn.org/covid-19/default.aspx).

NOCC (National Ovarian Cancer Coalition) COVID19 – Click [here](http://ovarian.org/).

OncLive  – Click [here](https://www.onclive.com/).

SHARE (Ovarian Cancer / Breast Cancer) – Click [here](https://www.sharecancersupport.org/).

FORCE (Facing our risk of cancer empowered) – Click [here](https://www.facingourrisk.org/index.php).