

## Adverse Childhood Experiences (ACEs)/ COVID-19 Self-Care Resources



California Surgeon General Dr. Nadine Burke Harris has rolled out [stress playbooks](#) to help manage anxiety related to the pandemic.

The state also has [16 hotlines and text lines](#) if you need mental health services.

Resources For Parents	Website
10 Ways to Avoid ACEs (During the Pandemic)	<a href="https://www.acesconnection.com/blog/10-ways-to-avoid-aces-during-the-pandemic">https://www.acesconnection.com/blog/10-ways-to-avoid-aces-during-the-pandemic</a>
Helping Children in Emergencies: Keep Your Child’s Developmental Stage and Temperament in Mind	<a href="https://www.acesconnection.com/g/california-aces-action/blog/helping-children-in-emergencies-keep-your-child-s-developmental-stage-and-temperament-in-mind">https://www.acesconnection.com/g/california-aces-action/blog/helping-children-in-emergencies-keep-your-child-s-developmental-stage-and-temperament-in-mind</a>

Resources For Kids	Website
Wrinkles Doesn’t Like Social Distancing; I Don’t Blame Him Book by Karen Gross	<a href="https://www.youtube.com/watch?v=fdwaUCEbhBk&amp;feature=youtu.be">https://www.youtube.com/watch?v=fdwaUCEbhBk&amp;feature=youtu.be</a>
Wellness Wednesdays for Kids	<a href="https://www.facebook.com/events/s/wellness-wednesday-free-live-m/2716453878608339/">https://www.facebook.com/events/s/wellness-wednesday-free-live-m/2716453878608339/</a>
Sesame Street (for Health Emergencies with Families)	<a href="https://youtu.be/LBd5CyouR7E">https://youtu.be/LBd5CyouR7E</a>

Resources For Community/Providers:	Website
Special Transforming Trauma Podcast: How to Stay Emotionally Healthy During the COVID-19 Pandemic with Dr. Heller and Brad Kammer	<a href="https://www.acesconnection.com/blog/special-transforming-trauma-podcast-how-to-stay-emotionally-healthy-during-the-covid-19-pandemic-with-dr-heller-and-brad-kammer">https://www.acesconnection.com/blog/special-transforming-trauma-podcast-how-to-stay-emotionally-healthy-during-the-covid-19-pandemic-with-dr-heller-and-brad-kammer</a>
Taking Care of Our Patients, Our Teams, and Ourselves: Trauma-Informed Practices to Address Stress Related to COVID-19	<a href="https://www.acesconnection.com/blog/taking-care-of-our-patients-our-teams-and-ourselves-trauma-informed-practices-to-address-stress-related-to-covid-19">https://www.acesconnection.com/blog/taking-care-of-our-patients-our-teams-and-ourselves-trauma-informed-practices-to-address-stress-related-to-covid-19</a>
Mental Health and Coping During COVID-19 - CDC	<a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html</a>