Back to School: The New 3 R’s for 2020

Resources

**General:**
- Assembly of Bishops COVID19 Resource Center: [http://www.assemblyofbishops.org/covid19](http://www.assemblyofbishops.org/covid19)
- “Finding Calm During Anxious Times”: [https://www.youtube.com/watch?v=GU-xJBJ6atI&t=112s](https://www.youtube.com/watch?v=GU-xJBJ6atI&t=112s)
- What’s Different about the Way We Cope as Christians?: [https://myocn.net/lets-talk-live-whats-different-about-the-way-we-cope-as-christians/](https://myocn.net/lets-talk-live-whats-different-about-the-way-we-cope-as-christians/)
- Ready, Set, Pivot: Preparing for an Unfamiliar School Year: [https://www.youtube.com/watch?v=PscfjP065uU&t=2134s](https://www.youtube.com/watch?v=PscfjP065uU&t=2134s)
- Miniseries on mental health produced by the Orthodox Task Force on Mental Health: [https://www.youtube.com/playlist?list=PL9K25Y6XfAHOSul477XN89848X7t28HGO](https://www.youtube.com/playlist?list=PL9K25Y6XfAHOSul477XN89848X7t28HGO)
- Watch for the National Directory of Orthodox Mental Health Providers launching fall 2020: [www.assemblyofbishops.org](http://www.assemblyofbishops.org) and [www.ocampr.org](http://www.ocampr.org)

**For Relationship, Reboot & Rejuvenate:**
- The Relationship Project (Excellent Orthodox curriculum for youth groups) [https://www.faithtree.org/the-relationship-project](https://www.faithtree.org/the-relationship-project)
- How to Hold a Family Meeting: [https://www.psychologytoday.com/us/blog/emotional-fitness/201209/10-tips-holding-family-meeting](https://www.psychologytoday.com/us/blog/emotional-fitness/201209/10-tips-holding-family-meeting)
- Tweens, Teens, Tech, and Mental Health: Coming of Age in an Increasingly Digital, Uncertain, and Unequal World 2020: [https://www.commonsensemedia.org/research/tweens-teens-tech-and-mental-health](https://www.commonsensemedia.org/research/tweens-teens-tech-and-mental-health)
- Apps and Digital health resources reviewed by experts: [https://onemindpsyberguide.org/](https://onemindpsyberguide.org/)
- Commonsensemedia.com
- Faithandsafety.com
- Screenagers.com (sign up here for weekly advice on managing screens)
- Securly.com (parent control for Chromebooks)
- Breathing exercises: Calm and Headspace apps
- Back to School 2020 (funny): [https://www.youtube.com/watch?v=sclDv-oVJlo](https://www.youtube.com/watch?v=sclDv-oVJlo)
- “Can’t Touch This” Parody by School Principal (funny): [https://www.youtube.com/watch?v=oeAN8Xxz0q4](https://www.youtube.com/watch?v=oeAN8Xxz0q4)