



Cluain Mhuire Occupational Therapy Department

Online Video's and Podcasts

There is so much online to assist us in the current situation. However this can be as bad as not enough information. Our Employment Specialists, John and Catherine, put together this list with some of the best online videos and podcasts they found from a search.

Dr. Rick Hanson – Psychologist & Author

'Resilient'

Video

Learn how to develop key inner strengths – like grit, gratitude, and compassion – to stay calm, confident, and happy no matter what life throws at you.

<https://www.youtube.com/watch?v=9nqR9XNU7Wk>

'Being resilient in the time of Coronavirus'

Video and podcast

During times like this, it's natural to feel afraid, anxious, or threatened. The brain has evolved to react quickly to threats, and it's easy for there to be a sense of helplessness associated with problems that appear far beyond our control.

But being consumed by fear causes wear and tear on the body, which actually undermines your safety. That's why it's so important to look for ways to be effective and express our agency, even if it's only through how we choose to think about things.

<https://www.rickhanson.net/being-resilient-during-coronavirus/>

'Coping with Quarantine'

Podcast

Over the last month many people have been stuck at home – occasionally with people they'd rather not be around. Maintaining a healthy relationship can be a struggle under the best of times, let alone during times of stress. This podcast explores how individuals and families can deal with the interpersonal stress that comes from being stuck together, and the sadness and loss that comes from being separated from things we love.

<https://www.rickhanson.net/being-well-podcast-coping-with-quarantine/>

Priya Parker – Conflict Mediator & Author

'How to create meaningful connections while apart'

Video

Author Priya Parker shares tools for creating meaningful connections with friends, family and co-workers during the coronavirus pandemic -- and shows how we can take advantage of gatherings that are unique to this moment of social distancing. "We don't necessarily need to gather more," she says. "We need to gather better."

https://www.ted.com/talks/priya_parker_how_to_create_meaningful_connections_while_apart/discussion



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Rabbi Lord Jonathan Sacks – Author & Spiritual Leader

'How we can navigate the coronavirus pandemic with courage and hope'

Video

Rabbi Lord Jonathan Sacks offers thoughts on how we can navigate the coronavirus pandemic with courage, hope and empathy. With wisdom and clarity, he speaks on leadership, fear, death, hope and how we could use this moment to build a more just world. Watch for a special, impromptu prayer about halfway through the conversation.

https://www.ted.com/talks/rabbi_lord_jonathan_sacks_how_we_can Navigate_the_coronavirus_pandemic_with_courage_and_hope

Gerard J Butcher – Cognitive Behavioural Psychotherapist (St. Patricks Hospital, St John of Gods Hospital & Private Practice)

'It's the Thought that Counts'

Video

The power of negative thoughts; building resilience and self-compassion.

<https://www.youtube.com/watch?v=9C0ClZp6caw&feature=youtu.be>

'The Role of Self Compassion in Anxiety and Depressive Disorders'

Video

<https://www.youtube.com/watch?v=QU4VkMrkEy8>

Jo Hemmings – Behavioural Psychologist

'Coronavirus: How to cope with Anxiety and Self Isolation'

Video

The Coronavirus pandemic is causing increased stress and anxiety particularly for people with existing mental health problems. Behavioural Psychologist Jo Hemmings talks through how to cope with these feelings and offers advice to those who have a fear of self-isolation.

<https://www.youtube.com/watch?v=WM0gHwljUk>

Guy Winch – Psychologist who is a leading advocate for integrating the science of emotional health into our daily live, author for psychologytoday.com

"I'm incredibly anxious about coronavirus. What can I do?"

Article & Video

Guy answers the common questions of 'I'm incredibly anxious about coronavirus and what's going to happen to me, my loved ones, my coworkers, my neighbors, community, and everyone else. What can I do? How do I deal with this?', and includes a video on practicing emotional first aid.

<https://ideas.ted.com/dear-guy-im-incredibly-anxious-about-coronavirus-what-can-i-do/>