

# Staying Afloat in Troubled Waters

June 25, 2020  
Related Materials

Staying Afloat in Troubled Waters- Support & Self-Care Measures for the Peer Professional Workforce Facing Grief: Suicide, Overdose & Covid-19  
Webinar: June 25, 2020

Place youtube link here

[Greetings from William White](#)

## Presentation Videos

- [How Do You Help a Grieving Friend](#) by Megan Devine
- [The Power of Self-Compassion](#) by Kristen Neff and Chris Germer

## Presentation Handouts

- Ball of Grief
- [Reminders When Coping with Grief](#)
- [Ten Tips for Helping Others Grieve](#)
- [Be Kind to Yourself Meditation](#)
- [Self Compassion Resources](#)
- [How to Hug During a Pandemic](#)
- [Reports of Increases in Opioid-Related Overdose & Other Concerns During Covid-19 Pandemic](#)
- From Camping to Dining Out--Covid-19 Risks of 14 Summer Activities
- The Grief Process
- Recovery Wellness Cafes Facilitator Guide\*
- Self-Care Assessment\*
- PROQOL-Professional Quality of Life Scale\*

\*These tools may be found in Section 4 of the Department of Philadelphia's Division of Behavioral Health's [Peer Support Toolkit](#). The pdf versions are available in the webinar resources folder as well.