

Best Resources for Wellness During Coronavirus



Whether you are self isolating, working to keep essential services going, or spending a lot more time at home— managing your mental health and psychosocial wellbeing is as important as managing your physical health. We encourage you to prioritize whatever allows you and your family the space to be okay during this time, and we invite you to consider the resources below:

Physical Wellness: Optimizing sleep, nutrition & exercise

Down Dog

Yoga for all skill levels, as well as 7-minute workouts, barre, and high intensity interval training, are available through its apps. All content is free until April 1.

Planet Fitness

Free live-streamed home "work-ins" are now available to the public on Planet Fitness' Facebook page. Best part: no equipment is needed for any of the "work-ins".

Disney Inspired Workouts

Get Moving With Disney Family features creative Disney workouts and is the perfect way for the whole family break a sweat without leaving the comfort of home!

Nike Training Club

Now free until further notice! The app includes a huge variety of yoga, interval training, and mobility work, as well as multi-week programs, led by Nike instructors.

National Institute for Aging's

Go4Life Program offers workouts from 10 minutes to 60 minutes for older adults that include warm-ups, flexibility, strength, and balance exercises and cool down activities.

Emotional Wellness: Expressing feelings & managing stress

Meditation & Mindfulness

Headspace:

App for mindfulness & meditation

Calm:

App for guided meditations, stretching exercises & conversation and kindness prompts.

Animal Therapy

Spend time with a family pet or let the San Diego Zoo come to you! Check out live video streams featuring pandas, koalas, elephants, tigers and other animals on the zoo's website.

Journaling

Journaling can help with expressing feelings and gratitude. Find the format that works best for you, from stream of consciousness writing to line-a-day or bullet journaling.

Self-Care

Consider reading a book, cleaning your home, having a cup of tea or preparing a comfort food, lighting a candle, drawing a bath, or just taking a break from the news.

Arts & Crafts

Whether putting pen to paper, blogging, capturing videos, knitting, painting, cookie-decorating or scrapbooking, consider expressing yourself through a craft or hobby.



**Social
Wellness:**
Fostering
connection &
belonging

Family Movie Night

Enjoy a family movie night from a selection of Amazon Prime Video's family-friendly movies and TV shows which are now available to stream for free.

Netflix Party Plug-In

Watch movies or TV with your friends online using the new Netflix Party Plug-In which offers synchronized video playback and a group chat feature.

Video Conferencing

Boost mood by staying connected with friends, family and co-workers with video-conferencing platforms like Facetime, Skype and Zoom.

Peer Support Groups

Participate in an online peer support community like 7 Cups, Turn2Me, Emotions Anonymous, Support Groups Central, and Therapy Tribe.

Volunteer or Donate

Helping others builds social solidarity. Consider grocery shopping for high-risk or quarantined neighbors or donating to organizations.



**Intellectual
Wellness:**
Learning about
what interests
you

Master Class

Learn something new today from over 80 online classes led by instructors like Anna Wintour, Gordon Ramsay, Serena Williams, and many more. Cost: \$180/Year

Coursera

Choose from thousands of free online university courses on a range of topics including Yale University's most popular class ever: The Science of Well-Being.

Audible

Enjoy hundreds of free digital audiobooks made available to stream in English, French, German, Spanish, Italian and Japanese.

DuoLingo

Learn a new language or improve your language skills with short, easy & free lessons in French, Spanish, Portuguese, German, Italian and more.

Brit.co/learn

Unleash your inner creative with free courses on calligraphy, watercolor, cookie-decorating and more. Use the code SELFCARE for a 100% discount.



**Spiritual
Wellness:**
Appreciating
what's
meaningful
to you

Meditate

Appreciate, enjoy and express gratitude for the things that make life meaningful through meditation. Try apps like Calm or Headspace for guided mindfulness videos.

Practice Religion

Many places of worship and congregational communities are now offering virtual services from online masses to live-streamed Shabbat worship.

Appreciate Music

Stream handpicked past performances of the Met Opera's Live in HD series from their website. The performances go live at 4:30 p.m. PST and remain active for 20 hours online.

Appreciate Art

Take virtual trips to famous venues all around the globe via Google Arts & Culture. Virtually see inside sites like the Guggenheim, Paris's Musée d'Orsay, Alcatraz & the Taj Mahal.

Spend Time in Nature

Spend some quiet time with your thoughts and feelings. Slow the pace of your day, remove your watch, turn your phone or pager off and focus on the immediate experience of being outdoors.