

## Self-Care Toolkit of Resources

If you're feeling stress and anxiety about the spread of coronavirus —and the socioeconomic uncertainty that comes with it—you are not alone. This is a confusing and overwhelming time for many. And if you're one of the 1 in 4 people who have already been struggling with a mental health disorder, it can be even harder.

### Mental Health and Wellbeing Resources

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#### **Take Action Now Resources: (Breathing and Meditation)**

##### **Harvard Pilgrim Health Care - Mind the Moment**

[Guided Audio Meditations and Body Scans](#)

[The Breathing Triangle](#): Simple breathing exercise / visual to slow down

[Breath with the Share Exercises](#) : Additional visual breathing exercises to slow down the worry response

##### **10 Percent Happier (free)**

Tap or click <https://redeem.tenpercent.com/> to get to the redemption page on our website and enter the gift code HEALTHCARE (uppercase). Then log into the mobile app on your device and all subscription contents will be unlocked. *Please note that this gift subscription cannot be applied to an account that already has an active subscription.*

##### **Insight Timer (free)**

This app has over 30,000 free guided meditations available for all.

<https://insighttimer.com/>

##### **Headspace (free for providers; 2 weeks free for others)**

Headspace is offering a free year (until 2020) for US Healthcare Professionals who work in public health settings. Register your account with your NPI (National Provider Identifier) and email, read more and [sign me up](#). Don't have an NPI? No worries, you can sign up for a 2 week free trial **and** access free exercises through the Headspace app.

##### **Stop, Breathe, and Think (free)**

Visit [their website](#), download the app on your smartphone, or add as a skill on Alexa. They have recently added "Calm Coronavirus Anxiety" with 12 free sessions for grounding and breathing exercises.

##### **Calm (select services free)**

While not free, they have a free resource page <https://blog.calm.com/take-a-deep-breath>

##### **Anxiety Updates with Jed Brewer**

[5-minute YouTube videos](#) with Dr Jed Brewer navigating anxiety and solutions to working with it.

## **Reading Resources:**

**[Care For Your Coronavirus Anxiety](#) as your mental health toolkit during this time.**

### **[Tips for Healthcare Workers to Stay Well](#)**

Quick 1-page document with tools and strategies to stay well - specific to those providing patient care

### **[How to help yourself \(and others\) in times of crisis](#)**

Quick 1-page document with strategies to stay centered and compassionate

### **[Well Being Resource Library for Care Workers](#)**

Great visual of tools and tips to stay well and focused while working in healthcare (and working remote)

### **[Taking Care of Your Mental Health in Uncertainty & Managing Reactions to Corona Virus](#)**

Tips for anyone to reduce anxiety in uncertain times

### **[NAMI Mass Compass - a helpline](#)**

A hotline for anyone to reach out for support during the workday

### **[Mental Health Resources](#)**

Includes information on substance abuse, intimate partner violence, suicide prevention, and counseling

### **[Online Group for Alcoholics Anonymous & Online Addiction Recovery Community](#)**

For those working on their own sobriety or navigating the sobriety of those they care for

### **Berkeley's Greater Good Science Center**

[Greater Good](#)'s mission is to share scientific research that can help promote a happier, more compassionate society. They have a page dedicated to sharing stories, tips, and tools for these uncertain times in our global community.

## **Ways to Stay Connected**

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- [Zoom](#)
- [Netflix Party](#): watch movies and TV with friends
- [Tabletopia](#): play board games with friends
- [Steam](#): play video games with friends
- [Roll20.net](#): play Dungeons and Dragons with your friends near and far
- [Google Hangouts](#)

## Self-Care Resources

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### Cardio and Strength Workouts

- [305 Fitness](#): Live HIIT class everyday (you can watch later if you miss the livestream)
- [Aaptiv](#) : On demand workouts. 30-day free trial
- [Beachbody](#): Online classes with a 14-day free trial
- [Classpass](#): On-demand studio fitness classes. Free for the time being
- [CrossFit](#): Free at-home workout videos, including single exercises and drills
- [Dance Body](#) : On-demand dance cardio. 50% off your first month
- [Down Dog App](#): Free yoga, HIIT and barre classes until July 1 for healthcare workers
- [Fhitting Room](#): On demand HIIT and strength workouts with a 30-day free trial
- [Fitness Blender](#): Free cardio, strength and stretch workout videos
- [Melissa Wood Health](#) : Low impact workouts. 7-day free trial
- [NEOU](#): Various live, on-demand workouts with a 30-day free trial.
- [Neoufitness](#): Trainer specific, on demand classes. 30-day free trial with the Neou app
- [ObéFitness](#): Live fitness classes with a 30-day free trial (use code ATHOME or SWEATSANDTHECITY for 1st month free)
- [P.volve](#): Streamed functional movement workouts with a 30-day free trial (use code ONEPVOLVE)
- [Peleton](#): Online classes, offering a free, 90-day membership to their app
- [The Sculpt Society](#): Online cardio and sculpting workouts with a 14-day free trial
- [Tone It Up](#): Daily online workouts with a 7-day free trial
- [YMCA360](#): Free classes from the YMCA including boot camp, barre, yoga, older adults, weightlifting, tai chi, youth soccer, boxing, youth fitness

### Yoga

- [CorePower Yoga](#): Virtual yoga classes for free
- [Yoga with Adriene](#): Free and funny yoga videos on Youtube
- [Down Dog App](#): Free yoga, HIIT and barre classes until July 1 for healthcare workers
- [Evolve by Erika](#): Meditation, yoga, and toning flows. \$10 first month, using code 555
- [SkyTing](#): Online yoga classes with a free 7-day trial
- [Skyting](#): Yoga classes with 1-week free trial
- [YMCA360](#): Free classes from the YMCA including boot camp, barre, yoga, older adults, weightlifting, tai chi, youth soccer, boxing, youth fitness
- [YogaWorks](#): Online yoga classes with a 14-day free trial

### Barre

- [Barre3](#): Online barre classes with a 15-day free trial
- [Down Dog App](#): Free yoga, HIIT and barre classes until July 1 for healthcare workers
- [Physique 57](#): Online barre classes with a 7-day free trial

- [The Bar Method](#): Online barre classes with a 14-day free trial, plus some free workouts via Instagram
- [The Sculpt Society](#): Dance cardio and barre. 2 weeks free
- [YMCA360](#): Free classes from the YMCA including boot camp, barre, yoga, older adults, weightlifting, tai chi, youth soccer, boxing, youth fitness

### ***Pilates***

- [Blogilates](#): Free workout videos, challenges and plans
- [Pilates Anytime](#): Access to over 3,000 Pilates classes with 15-day free trial

### **Take a Break Resources**

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#### ***Music***

- [Boston Symphony Orchestra At Home](#)
- [Nightly Met Opera Streams](#)
- [Seattle Symphony Youtube Channel](#)
- [Berlin Philharmonic Digital Concert Hall](#)
- [Broadway Living Room Concerts](#)
- [92nd Street Y Live Streamed and archived](#)

#### ***Education/Self Improvement***

- Take a free online class (here's a [guide](#)): [Coursera](#), [edX](#)
- Yale's [The Science of Well-Being](#)
- Work on learning a language: [online language-learning resources](#)
- Write [750 Words](#) every day
- Join an [online book club](#)
- Learn to [draw](#), [knit](#), [cross-stitch](#)
- [Craft ideas via Pinterest](#)

#### ***Virtual Tours***

- Virtual Tours/livecams ([here's a fantastic article with a bunch of links](#))
- [Google Arts and Culture: virtual museum tours](#)
- [Google Arts and Culture: virtual national park tours](#)
- [Online tour of the Louvre](#)
- [Online tour of the Smithsonian Museum of Natural History](#)
- [Explore.org](#): animal livecams

#### **Additional Resources:**

Boston.com [Ultimate Guide to Hunkering Down](#)

[Living Well at Home](#) with Virtual Wellness Classes – Harvard Pilgrim Health Care