

Tips/resources for Self-Care in lieu of COVID-19

- Online resources
 - General coping tips
 - From CDC website
 - [Mental Health and Coping](#) w/ stress related to COVID-19
 - [Caring for Yourself at Home](#) (when you have possible or confirmed COVID-19)
 - [Taking care of yourself](#) (when coping with a disaster or trauma)
 - [Free anxiety workbook for COVID-19](#) from The Wellness Society
 - [Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#) from SAMHSA
 - [How to Cope with COVID-19](#) from Psychology Today
 - [Mental Health and COVID-19 Info and resources](#) from Mental Health America
 - [Stay home take care](#) from Girls Night In (a feminist, online self-care blog/community)
 - [Resources for the Immigrant Community](#) During COVID-19
 - [LGBT+ resources](#) for COVID-19
 - Relaxation
 - Check out an [e-book](#) for free
 - Practice mindfulness meditation w/ [Deepak Chopra](#)
 - Go on a [virtual museum tour](#)
 - Social support
 - [Quarantine Chat](#) “Talk on the phone with someone stuck at home”
 - Make a difference
 - [The Letter Project](#) nonprofit for female-identified individuals to write letters of encouragement to each other during COVID-19
 - Ways to [help women at risk of domestic violence](#) during COVID-19
 - Donate to Whatcom county’s [Emergency Recovery Fund](#) for COVID-19
 - Learn about [volunteer opportunities for COVID-19](#) from The Volunteer Center of Whatcom County
 - Donate to [provide support to undocumented families](#) through the Betancourt Macias Family Scholarship Foundation
- Phone apps
 - Apps offering a free premium subscription during COVID-19
 - Nike Fit (workout)
 - Down Dog (yoga)
 - Headspace (meditation)
 - Dark Noise (white noise machine)
 - Class Pass (workout videos)
 - Productivity
 - Fabulous

- 135 List
 - 30/30
 - Remember the Milk
 - Nirvana
 - Social
 - Houseparty (play games and connect with your friend group at a distance)
 - Netflix Party (allows you to watch Netflix simultaneously with friends)
 - Rave (same as Netflix party, but with other video platforms)
 - Meetme (chat and meet new people)
 - Quarantine Together (dating app which is still in the works, use this link [here](#) to be placed on the waitlist)
 - Bunch (play online games with friends)
 - Marco Polo (send video updates to friends/family in a non-live format)
 - Mental Health
 - Virtual hope box
 - Aura
 - Healthy Minds
 - Mind Shift CBT
 - Calm
 - Insight Timer
- Videos/podcasts
 - Entertaining
 - NPR's ["Tiny desk concerts"](#)
 - 31 seasons of [Bob Ross' Joy of Painting](#) is available on youtube
 - [The Mental Illness Happy Hour](#) podcast
 - The [Hilarious World of Depression](#) podcast
 - Physical activity
 - [Yoga with Adrienne](#) (free)
 - [Workout videos/programs/meal plans](#) (free)
 - [Workouts with Gold's Gym](#) (free until 5/31/20)
 - Motivating
 - [The Happiness Lab's](#) 7-episode podcast series re: coping with COVID-19
 - [Brene Brown- "Unlocking us"](#) podcast
 - [Therapy for Black Girls](#) podcast
 - Livestreams
 - [Two eagles and their three eggs](#)
 - [Kittens](#)
 - [Baby goats](#)
 - [Monterey Bay Aquarium](#)
 - Planet Fitness has 20-minute livestreams on Facebook (daily at 4pm PT) and previous session may be accessed [here](#)
- Suggestions for pleasant activities
 - Energizing

- Start a new exercise routine
- Explore your neighborhood
- Take an ice bath (like Bruce Lee!) when you're stressed out
- Have a "roommate olympics" (with people in your household)
- Relaxing
 - Take a hot bath with Epsom salts or a bath bomb
 - Meditate
 - Sit outside while working from home/doing homework
 - Use a foam roller or hand-held massage device (e.g., theracane) for self-massage
- Fun
 - Create your own personalized face mask
 - Watch a livestream of your favorite band or performer
 - Have a movie (or TV series) marathon
 - Play video games live with friends
- Human connection
 - Group video chats
 - Send funny memes or photos to friends/family
 - Ask a friend/family member to be your pen pal and send letters via mail.
 - Reconnect with a friend/family member from the past
 - Learn a new language
- Hobby
 - Revisit an old hobby from childhood
 - Do a 1000+ piece puzzle
 - Home improvement activities
 - Start knitting or crocheting
 - Adult [coloring books](#)
 -