

## **Resources: Caring For Your Mental Health & COVID-19**

### **Apps (Apple, Android)**

7 Cups  
Calm  
Headspace  
Insight Timer

### **Links/Websites**

[Care for Your Coronavirus Anxiety](#)

[Happify: Science-Based Activities and Games](#)

[PS Enjoy Your Life – Art by Jen Born](#)

[Ten Percent Coronavirus Sanity Guide](#)

[CDC: Manage Anxiety & Stress](#)

[Psychology Today: Can Expressive Writing Fight Off the Coronavirus?](#)

[Boston Globe: Not going to the gym? Here are some free workouts you can do at home during the coronavirus shutdown](#)

[Very Well Mind: How to Relieve Stress With Art Therapy](#)

[Fitness Blender \(Home workouts\): https://www.youtube.com/user/FitnessBlender](https://www.youtube.com/user/FitnessBlender)

[Yoga for stress and anxiety: https://www.youtube.com/watch?v=hJbRpHZr\\_d0](https://www.youtube.com/watch?v=hJbRpHZr_d0)

[SAMHSA: Coping With Stress During Infectious Disease Outbreak](#)

[Mindful.org: How Mindfulness Can Help You Navigate the Coronavirus Panic](#)

[OnBeing.org: A Listening Care Package for Uncertain Times](#)

[The Conversation: 7 science-based strategies to cope with coronavirus anxiety](#)

[Relaxing Music: lofi hip hop radio - beats to sleep/chill to](#)

## **Social Media Outlets**

Facebook:

[PS Enjoy Your Life - Home](#)

Instagram:

[@BlessingManifesting](#)

[@Revelatori](#)

[@TheMindGeek](#)

[@areyouokcampaign](#)

[@thegirlsroomnyc](#)

[@\\_mindfullyfresh](#)

[@fullspiritquotes](#)

[@risingwoman](#)

[@sunnybloominspiration](#)

[@anxiety\\_wellbeing](#)

[@myselflovesupply](#)

[@emotions\\_therapy](#)

[@selfcareisapriority](#)

[@thefemalehustlers](#)

[@herincrediblemindset](#)

[@positivelypeculiar](#)

[@howamifeelingg](#)

[@theburntoutbrain](#)

[Jen Born \(@psenjoyyourlife\)](#)

## **Tips**

- Set a routine for yourself - get up round the same time every day, have a plan of what you will accomplish throughout the day, schedule time for yourself
- Get fresh air and exercise - staying home is imperative to flatten the curve and keep ourselves and others safe, but that doesn;t mean you can't go out for walks and stay active. Remain socially distant, but build in time to safely spend time outdoors if possible
- Connect with friends and family - there are so many cool ways to virtually connect with others, try a google hangout or zoom meeting, Facetime, or even a Netflix watch party. Connecting with others who are in quarantine will help you feel less isolated and alone.