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
- Yoga for stress and anxiety: 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.