

Self-Care Resources

Guided Meditations

[Awareness of Breath](#)

[Relax Into Presence](#)

[Embodying Gratitude](#)

[Relax, Anchor and Open](#)

[Bringing RAIN to Difficulty](#)

[Wellbeing in the time of Coronavirus](#)

[Coronavirus & the Support of Dharma - Part 1](#)

[Coronavirus & the Support of Dharma - Part 2](#)

Meditation Apps

10% Happier

<https://www.tenpercent.com/coronavirussanityguide>

Free meditations, talks, and other valuable resources.

Headspace

<https://www.headspace.com/covid-19>

Free meditations, articles, and other resources available.

Unwinding Anxiety

unwindinganxiety.com

Evidence-based, mindful guidance for anyone suffering from anxiety.

Healthy Minds

<https://tryhealthyminds.org/>

Trains your mind to increase well-being - improving focus, relationships and stress management.

Online Fitness

Yoga

Glo

<https://www.glo.com/>

Gaia

<https://www.gaia.com/>

My Yoga Works

<https://www.myogaworks.com/>

Strength & Cardio

Nike Training App

<https://www.nike.com/ntc-app>

Articles

Managing Emotions Effectively in Uncertain Times

By Marc Brackett

How to Take Care of Your Health and Well-Being in the Time of Coronavirus

By Ted Meissner

Resilience is Not a Luxury: It is Critical to Our Survival

By Fleet Maull

Should I Be Scared of the Coronavirus? Mindfulness Techniques for Managing Coronavirus Anxiety at Home and Work

By Becky Greiner

Daily Self-Care & Relaxation Practices

- Set a daily intention for how you want to show up to your day.
- Reflect on three things you are grateful for each day.
- Go on a walk outside and take in the fresh air.
- Take slow intentional breaths to calm your nervous system.
- Get daily exercise.
- Take stretch breaks throughout your day.
- Hydrate! Drink at least 8 glasses of water per day.
- Get 7-8 hours of sleep.
- Focus on what *is* within your control. When you catch yourself thinking about what's outside of your control, bring your attention back to what you are able to personally shift.
- Watch something inspiring (ted talks, silly animal videos, etc.)
- Stay connected to your community via video, phone, text, etc.
- Join an online community (i.e., [ManKind Project](#), [Woman Within](#)).
- Meditate on your own or listen to a guided meditation.
- Take a screen break every hour to stretch, get some water, or do jumping jacks!
- Read for pleasure.
- Find a fun new cooking recipe to try out.
- Get creative: draw, paint, doodle.

- Journal about things you appreciate, ideas you have, and experiences you want to process.