COVID-19 Issues
Self-Care Resources

Books
Audible: https://stories.audible.com/start-listen

Coloring
Mandalas: http://www.supercoloring.com/coloring-pages/arts-culture/mandala/tibetanmandalas
Walters Art Museum Collection Coloring Pages: https://thewalters.org/experience/virtual-museum/coloring/?mc_cid=47922bbaf6&mc_eid=d215d52c85

Exercise
YMCA 360: https://ymca360.org/#

Journaling
How to start a gratitude practice: https://www.lifehack.org/794635/gratitude-journal

Meditation
Calm: https://www.calm.com/blog/take-a-deep-breath
Headspace: https://www.headspace.com/covid-19
Guided Meditation: https://youtu.be/Ix73CLI0Mo0

Mindfulness
Mindfulness Based Techniques for Anxiety: https://www.youtube.com/watch?v=9ax4vSdcTQk

Yoga
Yoga with Adriene: https://www.youtube.com/user/yogawithadriene