

COVID-19 发行物

# 自助资源



## 书籍

有声读物: <https://stories.audible.com/start-listen>

## 填色游戏

Mandalas : <http://www.supercoloring.com/coloring-pages/arts-culture/mandala/tibetanmandalas>

Walters Art Museum 馆藏品填色页面:

[https://thewalters.org/experience/virtual-museum/coloring/?mc\\_cid=47922bbaf6&mc\\_eid=d215d52c85](https://thewalters.org/experience/virtual-museum/coloring/?mc_cid=47922bbaf6&mc_eid=d215d52c85)

## 运动

基督教青年会 (YMCA) 360 : <https://ymca360.org/#/>

## 记日记

如何记感恩日记: <https://www.lifehack.org/794635/gratitude-journal>

## 冥想

Calm : <https://www.calm.com/blog/take-a-deep-breath>

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

引导式冥想: <https://youtu.be/Ix73CLI0Mo0>

## 正念

通过正念疗法克服焦虑: <https://www.youtube.com/watch?v=9ax4vSdcTOK>

## 瑜伽

跟着 Adriene 做瑜伽: <https://www.youtube.com/user/yogawithadriene>