

Pròblèm COVID-19

Resous pou pran swen tèt ou



Liv

Audible: <https://stories.audible.com/start-listen>

Kolorye

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

Paj pou kolorye liv nan koleksyon mize Walters Art Museum:

https://thewalters.org/experience/virtual-museum/coloring/?mc_cid=47922bbaf6&mc_eid=d215d52c85

Fè Egzèsis

YMCA 360: <https://ymca360.org/#/>

Ekri Nan Journal

Fason pou w kòmanse pratike gratitud: <https://www.lifehack.org/794635/gratitude-journal>

Meditasyon

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

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

Gid pou Meditasyon:: <https://youtu.be/Ix73CLI0Mo0>

Konsantrasyon

Teknik ki baze sou konsantrasyon pou anksyete: <https://www.youtube.com/watch?v=9ax4vSdcTQk>

Yoga

Yoga ak Adriene: <https://www.youtube.com/user/yogawithadriene>