

RESOURCES TO STAY PHYSICALLY AND MENTALLY HEALTHY DURING THE CORONAVIRUS PANDEMIC

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| YOGA: free online classes | <p>https://sparkyoga.pivotshare.com</p> <p>http://lakshmilivingarts.org/</p> <p>http://www.bluebirdskyyoga.com</p> <p>https://www.youtube.com/c/YogaHeightsWashingtonDC</p> <p>https://www.corepoweryogaondemand.com/keep-up-your-practice</p> <p>https://www.facebook.com/angelayogaMTL/</p> <p>https://www.youtube.com/user/yogawithadriene</p> <p>https://uttarayogastudio.com (will be adding online classes in the next few days)</p> <p>https://www.facebook.com/allbeingsyoga/ (M-F 8-8:30am EST)</p> <p>Yoga Room- Brussels</p> <p>Yoga Loft - Brussels</p> <p>https://www.yogaindetroit.com/virtual-sessions (Sunday 7PM live relaxation yoga. More coming soon.)</p> <p>Yoga Adriene</p> <p>Simply 30 days of yoga (25 – 30 minute classes each) - https://www.youtube.com/watch?v=iZBsm-tkhm0&fbclid=IwAR2R3GaGA2cCiMLp4pPkFTfko3cSol_vBCKEqWpzxuwBflzQdhn4Jyan1Cc</p> <p>Yoga Six (Chicago) - https://www.yogasix.com/go (30-days free w/ code: GOY6)</p> <p>www.doyogawithme.com</p> <p>https://saltlakepoweryoga.com/schedule (free live stream yoga 12-1 and 5:30-6:30 pm mountain time everyday)</p> |
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| | <p>https://www.mindbodyyogaaustin.com/classes.html</p> <p>Yoga Bunker (free YouTube videos of full-length classes developed by two local teachers in Lexington)</p> <p>PLYOGA https://www.youtube.com/playlist?list=PL2eEMDPxQVdD8mrt3Z121WCjv7bdZNEri</p> <p>Body Positive Yoga (7 days of free yoga): https://bodypositiveyoga.com/7-day-yoga-exploration/</p> <p>Joyful Movement (7 day free trial): https://www.joyn.co/</p> <p>Yoga with Cassandra: https://www.youtube.com/user/yogawithkassandra</p> |
| <p>Pilates: weekly free workouts</p> | <p>Pilatesology Free At-Home Pilates Workout (this is for the week of March 16, just search “free” in the search box for the following weeks)</p> <p>Milford Pilates Club (Michigan) - free mat classes streaming on Instagram</p> <p>Sydney Cummings YouTube Chanel https://www.youtube.com/channel/UCVQJZE_on7It_pEv6tn-jdA</p> <p>Blogilates: https://www.blogilates.com/workout/ (mostly pilates, also has several challenges. Currently doing a 14-Day Quarantine Workout Plan [https://www.blogilates.com/14-day-quarantine-workout-plan/])</p> |
| <p>DANCE : free online classes</p> | <p>Free live Zumba via ZOOM (all times are PST) https://zoom.us/meeting/register/u5wvc-irpjMtTgLnY_Q_xOIFMwhvPH__w <i>* Sat. 3/21 at 10AM (with Dawn!) *</i> Mon. 3/23 at 6PM Wed. 3/25 at 6PM (Low-Impact) <i>* Sun. 3/29 at 9AM *</i> Mon. 3/30 at 6PM Wed. 4/1 at 6PM (Low-Impact) Mon. 4/6 at 6PM</p> <p>Cli Studios dance classes http://www.clistudios.com/keepdancing?fbclid=IwAR3faqxm3YjNalTpuxf9Ta9X2GyapuKKR0-0ozeNRg3WugcBoaJFPQ8yyEw</p> <p>Baby and Teen Ballet/all style classes. New videos will be added weekly: https://drive.google.com/open?id=1Sg6Trhp9ZdIp3YUxPOUBnqISzqiljUAP</p> |

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| | <p>305 Fitness cardio dance classes: https://www.youtube.com/user/305Fitness</p> <p>The Fitness Marshall (hip-hop dance): https://www.youtube.com/user/TheFitnessMarshall (1 hour playlist of some Fitness Marshall favorites here: https://www.youtube.com/playlist?list=PLy0NgfUUAf0510mUnaSXG7MunTYErPBoV)</p> <p>Dance Church: https://go.dancechurch.com/ (free live streaming at certain times - body positive dance space)</p> <p>Mark Kanemura - live stream dance parties at 2pm PST daily on his instagram: Mark Kanemura (@mkik808)</p> <p>Ryan Heffington - live stream dance class 10am PST most days on his instagram: Ryan Heffington Public (@ryanheffington)</p> <p>Gaga dance classes (Tel Aviv originated 'movement language' - gagapeople.com) on Zoom 6x daily: Scroll down to Updates Section for schedule. (free, donation optional) https://www.gofundme.com/f/gaga-online-classes</p> <p>Bhangra: https://www.youtube.com/user/dopungra</p> |
| <p>VARIOUS FITNESS: free online classes</p> | <p>Sally Chang at Evergreen Taichi Academy</p> <p>www.darebee.com - Lots of free exercises and challenges</p> <p>https://www.mcalistertraining.com/online-classes</p> <p>Workouts by CrossFit</p> <p>Free Workout Videos -Fitness Blender</p> <p>Planet Fitness - Home</p> <p>POPSUGAR Fitness</p> <p>30 minute HIIT workout: https://youtu.be/IET0g8Q6WcQ</p> <p>Les Mills On Demand https://watch.lesmillsondemand.com/at-home-workouts</p> <p>Daily Burn (free for 30 days) www.dailyburn.com</p> <p>Walk at Home with Leslie Sansone</p> <p>Obé Fitness www.obefitness.com – 1 month free online fitness classes with code ATHOME</p> |

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| | <p>NETFLEX (netflix of fitness videos)</p> <p>Orange Theory Fitness</p> <p>Y360 free classes courtesy of YMCA https://youtu.be/i009qFCUxIk</p> <p>Bender Fitness - free home workout videos</p> |
| EXERCISE APPS | <p>Nike Club App</p> <p>FitOn</p> <p>Down Dog (free until April 1)</p> <p>https://www.glamour.com/story/best-free-workout-apps</p> <p>Peloton (offering free virtual classes for 90 days)</p> <p>C25K (Couch to 5k)</p> <p>Runkeeper</p> <p>8fit</p> <p>MyFitnessPal</p> <p>Workout</p> <p>Lumosity Mindfulness https://apps.apple.com/app/id1380946064?mt=8 https://play.google.com/store/apps/details?id=com.lumoslabs.sense&hl=en_US</p> |
| WELLNESS APPS | <p>Breathe- personal check-ins, mindfulness</p> <p>Dhyan Vimal online meditation: https://apps.apple.com/us/app/dhyan-vimal-online-meditation/id1027767208</p> <p>Insight Timer (lots of free meditations, searchable by focus, amount of time, etc)</p> <p>Mindshift</p> <p>Stop, Breathe, and Think: https://www.stopbreathethink.com</p> <p>Jour (journaling app) https://jour.com</p> <p>Headspace https://www.headspace.com/covid-19</p> <p>Mindfulness Apps: 3 Minute Mindfulness, Calm, Simple Habit</p> |

**FREE
MINDFULNESS
CLASSES AND
GUIDED
MEDITATIONS**

Free guided meditations:

<https://yogaindetroit.com/resources>

Free 8-week course on Mindfulness-Based stress Reduction (MSBR)

<https://palousemindfulness.com>

Free courses (check the “free” box) on mindfulness:

<https://mindfulnessexercises.com/free-online-mindfulness-courses/>

Tara Brach’s Guided Meditations: <https://www.tarabrach.com/guided-meditations/>

Dhyan Vimal online meditation:

<https://apps.apple.com/us/app/dhyan-vimal-online-meditation/id1027767208>

Chopra Center Guided Meditations: <https://chopra.com/articles/in-guided-meditations>

Free Mindfulness Project: <http://www.freemindfulness.org/download>

UCLA Health Guided Meditations (great for beginners)

<http://marc.ucla.edu/body.cfm?id=22>

Meditation Oasis Podcast:

<http://www.meditationoasis.com/podcast/>

Dharma Seed: 1000s of guided meditations and talks: <https://dharmaseed.org/talks/>

The Honest Guys- free meditation, sleep help, relaxing music:

<https://www.youtube.com/user/TheHonestGuys/playlists>

Michael Sealy- positive hypnosis and guided meditations focusing on specific topics:

<https://www.youtube.com/user/MichaelSealey/playlists>

Guided Meditation Spotify Playlist:

<https://open.spotify.com/user/spotify/playlist/37i9dQZF1DWVS1recTqXhf?si=r-GpdVKQSjmAgu0EIIInjEw>

Virtual Meditation, Breath & Creation Sessions (Europe Times)

<https://www.eventbrite.com/o/dhyan-vimal-centre-berlin-22747131056>

<https://mailchi.mp/e22238d98974/dvcentreberlin>

Meditative Stories: <http://podcast.meditativestory.com/p/2>

Self-Compassion Meditations: <https://self-compassion.org/category/exercises/#guided-meditations>

Kaiser’s Guided Meditations: <https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/meditation>

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| | <p>Chris Germer's Guided Meditations: https://chrisgermer.com/meditations/</p> <p>https://tuneinmindfulness.com/find-a-class/ Free live-streamed guided meditations (mountain time)</p> <p>Omvana meditations: https://www.omvana.com/</p> |
| <p>ARTICLES, WORKBOOKS, AND OTHER MENTAL HEALTH RESOURCES</p> | <p>BBC- Coronavirus: How to protect your mental health</p> <p>How to meditate during your coronavirus quarantine</p> <p>Managing Fears and Anxiety around Coronavirus</p> <p>How to meditate- Tara Brach (for beginners)</p> <p>Workbook for stress/problem identification/acceptance (relevant for dealing with current pandemic; has general coping strategies for stress)</p> <p>Anxiety and Depression Association of America (ADAA) huge list of resources and articles for managing anxiety during the Coronavirus pandemic</p> <p>CBT Workbook for Anxiety: a step-by-step program. PDF version of the workbook with exercises to help manage anxiety; CBT is widely acknowledged by mental health experts as the best long-term treatment for anxiety.</p> <p>Another CBT workbook</p> <p>3-session workshop on anxiety</p> <p>Workbook- panic attacks</p> <p>Workbook of therapeutic assignments for panic attacks</p> <p>Workbook- distress tolerance</p> <p>Acceptance-based therapy for anxiety: a 2 day workshop with exercises</p> <p>Wellness in 8 dimensions- holistic approach to wellness workbook, podcast, webinar</p> <p>Coping with perfectionism workbook</p> <p>Overcoming procrastination workbook</p> |
| <p>OTHER</p> | <p>Tons of authors on Amazon are making their books available for free. Click on the "100 top free" tab at the top of the page and find a book to read and help you relax.</p> <p>Pure Knead Massage How Tos</p> <p>Libby app - Free audiobooks + ebooks from your local library (similar to kindle app, but free)</p> |

<https://www.overdrive.com/apps/libby/>

[Coloring book for mindfulness/stress relief](#)

[Free coloring books from over 100 museums](#)

[Wellness journaling](#)

[千々口 | D | T Y ~ Calming, escapist, semi-interactive Spotify playlist](#)

<https://noises.online/> - Website that lets you create you own soundscape. Amazing at transporting you to your favorite places.

Brit + Co is offering all of their online art/creative classes for free for the month of March. Price appears under class but all are free with code SELFCARE at checkout.

<https://classes.brit.co/learn/>

Self-Soothing: <https://www.montereybayaquarium.org/animals/live-cams/jelly-cam>

Message from the author:

In 2018 I developed a severe anxiety and panic disorder and since learning to manage it have taken an interest in academic body-mind health. I manage my disorder through multiple means—including medication—but daily physical exercise is one of my key coping mechanisms. So, when we got the shelter-in-place order, and realized we were going to be spending an unknown amount of time trapped at home, I started to put together a list for myself of ways to get that exercise and keep my anxiety manageable. I realized quickly that there were tons of options, and decided to expand it into a resource for my students with wellness links. While it certainly doesn't replace practitioner-led therapy, I hoped that it might help with anxiety, stress, and isolation that many are facing or will face in these unpredictable, frightening times.