

Wellness Resources to Help You Stay Healthy

Mental Health and Wellness Resources

PODCASTS

How to Handle Coronavirus Anxiety | Dan Harris: 10% Happier Podcast

- Find this podcast on the podcast resource tool of your choice
- Click [HERE](#) to listen on Spotify

Parenting in a Pandemic | Dan Harris: 10% Happier Podcast

- Find this podcast on the podcast resource tool of your choice
- Click [HERE](#) to listen on Spotify

INSIGHT TIMER (App and Website) - Free guided meditation & mindfulness practices available

<https://insighttimer.com/>

CDC: Mental Health and Coping During COVID-19 (Website)

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

AMERICAN FOUNDATION FOR SUICIDE PREVENTION: Taking Care of Your Mental Health in the Face of Uncertainty

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

YOUR MENTAL HEALTH & WELL-BEING (APA): How to Maintain your Health & Wellness & Other Resources

<http://workplacemantalhealth.org/>; click [HERE](#) to read

Exercise Resources

FITNESS BLENDER (Website & YouTube Channel)

www.fitnessblender.com/; click [HERE](#) to watch on YouTube

- Full length exercise videos with qualified personal trainers
- Search by length, difficulty, exercise type, muscles used, calorie burn and more

POP SUGAR FITNESS (Website & YouTube Channel)

www.popsugar.com/workouts/; click [HERE](#) to watch on YouTube

- Full length exercise videos with qualified personal trainers
- Filter by duration, level of difficulty and type of session

ORANGE THEORY ONLINE WORKOUTS (Website)

<https://www.orangetheory.com/en-au/member-communication-regarding-coronavirus/>

- Daily 30-minute workout

Child and Family Specific Resource

ACTION FOR HEALTHY KIDS, COVID-19 (Website)

<https://www.actionforhealthykids.org/resources-for-schools-and-families-during-covid-19-coronavirus/>



Simple Things to Keep You Healthy

1. **Drink your water!** Aim for at least 64oz of water per day
2. **Get your sleep!** Aim for 7 – 9 hours of sleep most nights of the week
3. **Wear sunscreen!** Aim to use broad spectrum SPF 15 or higher, reapply every 2 hours
4. **Get some fresh air!** Aim for at least 20 minutes outside each day