



## **COPING WITH SOCIAL DISTANCING**

We're committed to helping you enhance your self-care during this uncertain and challenging time. This guide contains resources intended to help with the effects so many of us are experiencing as a result of social distancing.

# Staying active at home...

Are you wondering how to continue your physical activity routine without a gym or fitness area at work? We've compiled a list of offerings to check out. There are many ways to stay physically active at home, and bonus - exercise is a great way to support your immune system!

## Online Fitness Resources

- [Chris Freitag Get Healthy U](#)
- [Peloton](#) - offering a free 30-day trial of their app
- [Well+Good YouTube](#) - free classes
- [YMCA On Demand](#) - free classes
- [FitOn](#) - always free fitness app
- [Planet Fitness](#) - free United We Move workouts
- [Fitness Blender](#) - free workout videos
- List of [free YouTube](#) fitness channels

## Online Yoga

- [Yoga With Adrienne](#) - free yoga videos
- [CorePower Yoga](#) - free classes on demand
- [Do Yoga With Me](#) - free classes on demand

## At Home Workouts

- Run up and down the stairs a few times.
- Turn on music and dance.
- Grab a couple cans of canned goods and do bicep curls.
- Do squats, push-ups, or sit-ups during commercial breaks.
- When feeling restless, challenge yourself with planks.
- Stretch while listening to a podcast.

## Other Ideas

- Take a walk with your dogs and/or family.
- Mow your lawn, rake leaves or shovel snow

# Supporting mental health...

Without your typical social supports and interactions in place, it can be difficult to stay positive, making it especially important to care for your mental health right now. Use the following resources to build your resiliency during these uncertain times.

## Resiliency Resources & Ideas

- [Start a gratitude journal](#)
- Try [expressive writing](#)

## Online Meditation Resources

- [Calm](#) - app offering free meditations
- [Headspace](#) - app offering free meditations

## Websites

- [NAMI Covid-19 Resource Guide](#)
- [Coronavirus Anxiety Toolkit](#)
- [CDC tips for managing stress and anxiety](#)
- [National Suicide Prevention Lifeline's tips for emotional well-being during the Covid-19 outbreak](#)

## Podcasts

- [The Happiness Lab](#) with Dr. Laurie Santos
- [Unlocking Us](#) with Brene Brown
- [Coronavirus: Fact vs. Fiction](#) with Dr. Sanjay Gupta

# Entertaining kids at home...

At the forefront of every caregiver's mind! We've compiled a large list of kid-friendly resources to keep the kiddos in your household entertained and active.

## Online exercise, songs & dance

- [Go Noodle](#)
- [Koo Koo Kangaroo Dance Videos](#)
- [Jumping Jax Exercise Videos](#)
- [Cosmic Kids Yoga](#)
- [Brain Breaks](#)

## Learning & Exploration

- [Ranger Rick](#) - indoor and outdoor activities and games
- [ABCYA](#) - educational games pre-k to 6th grade
- [ABC Mouse](#) - learning through phonics (30 day free trial)
- [Ted Ed](#) - videos and lessons designed to spark curiosity
- [PBS Kids](#) - activities for kids and resources for parents
- [123 Homeschool 4 Me](#) - educational games & activities
- [Read Write Think](#) - reading & writing education resources
- [Khan Academy](#) - tools to keep kids motivated and learning
- [Additional ideas for kids at home](#)

## Activities

- Download your local library's online app to listen to audiobooks or borrow e-books.
- Google Arts & Culture's [Free online museum and places tours](#)
- [Free night at the opera](#)
- [Monterey Bay Aquarium Live Streams](#)
- [List of additional activities to try](#)

# Building community & staying connected...

Cultivating, re-engaging, and building your social supports are more important than ever right now. Find ways to stay connected to your community, friends, and family by socializing from a distance!

## Building Community

- Check in with your local neighborhood association online.
- Download the [Nextdoor app](#).
- Create sidewalk chalk messages to neighbors.
- Have a driveway party with your neighborhood.
  - Neighbors sit at the edge of their driveways and chat.
- Look into community support and volunteer efforts.
- Join a community Facebook group.
- [Check out the Unlonely Project](#).

## Staying Connected

- Call or video chat loved ones in care facilities.
- Write a card and post it in the mail.
- Have a virtual meet up with friends and family via Zoom.
- Get outside and explore Mother Nature.
- Play board or card games virtually or with others in your home.
- Join a virtual book or podcast club.
- If you are working from home, try a video chat with your co-workers at least once a week.

# Learn, explore, create!

## Try something new...

Utilize this time at home to learn a new skill, try something new, or explore a topic that has always interested you. Many companies are offering free or reduced ways to learn and explore during this time.

### Learning Opportunities

- [Brit.co](#) - \$10 monthly subscription for online classes
- [Ted Ed](#) - video lessons on a little bit of everything
- [Ted Talks](#) - video talks to stir your curiosity
- Listen to Podcasts
- Download your local library's online app to listen to audiobooks or borrow e-books.

### Activities & Exploration

- [Free online museum tours](#)
- [San Diego Zoo Live Streams](#)
- [Monterey Bay Aquarium Live Streams](#)
- [Join an OpenIDEO Challenge](#)
- [Write a Novel in a Month with NaNoWriMo](#)

# Adjustments at work...

## Working From Home

- Stick with your routine – wake up, shower, get dressed, etc.
- Dedicate a spot to work - try not to work in multiple places.
  - Why? It's hard to distinguish 'work' from your relaxation space and work could creep into those places when you're trying to relax.
- Close your laptop and leave it in your work-dedicated area when your workday is done for the day.
- Set office hours. Come up with a plan for when you will be working. Practice good boundaries around this.
- Limit distractions – tv, use headphones, come up with a plan for how other members of the household can help.
- Video conference and check-in with co-workers when possible.
- Spend time next to natural light to keep energy levels high.
- MOVE! Every 30-60 minutes do some type of movement.
- Get out of the house and go for a walk or just sit in the yard for a few minutes.
- Keep up with personal hygiene as you would if you were working in a traditional work setting.
- Take sick time or personal time if/when you need it.
- Communicate with co-workers and managers on expectations and realities of what working from home looks like for you.

## Working On-Site

- Stay home if you feel sick.
- Wash your hands often.
- Use hand sanitizer in between hand washings.
- Disinfect your work space often.
- Talk to your manager about the realities of your life right now and be open about any worries on your mind.

## Full URLs for resources...

### Activity Resources

- <https://www.gethealthyutv.com/>
- <https://www.onepeloton.com/app>
- [https://www.youtube.com/channel/UC1bcqvAnNsBoq\\_RWJNxYvhQ/playlists](https://www.youtube.com/channel/UC1bcqvAnNsBoq_RWJNxYvhQ/playlists)
- <https://ymca360.org/>
- <https://fitonapp.com/>
- <https://www.youtube.com/channel/UCZoPnRz4jxOLZZgXvGCiqfA>
- [https://www.wellandgood.com/online-workouts-2020/?utm\\_source=WG\\_daily&utm\\_medium=email&utm\\_campaign=031920\\_EET](https://www.wellandgood.com/online-workouts-2020/?utm_source=WG_daily&utm_medium=email&utm_campaign=031920_EET)
- <https://www.cnet.com/how-to/youtube-fitness-channels-for-getting-in-shape/>
- <https://www.fitnessblender.com/videos>
- <https://www.youtube.com/user/yogawithadriene/videos>
- <https://www.corepoweryogaondemand.com/keep-up-your-practice>
- <https://www.doyogawithme.com/yoga-classes>

### Mental Health Resources

- [https://ggia.berkeley.edu/practice/gratitude\\_journal](https://ggia.berkeley.edu/practice/gratitude_journal)
- [https://ggia.berkeley.edu/practice/expressive\\_writing?\\_ga=2.4021555.2030776270.1584990653-2092452824.1584990653](https://ggia.berkeley.edu/practice/expressive_writing?_ga=2.4021555.2030776270.1584990653-2092452824.1584990653)
- <https://www.calm.com/blog/take-a-deep-breath>
- <https://www.headspace.com/covid-19>
- <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Important/COVID-19-Updated-Guide-1.pdf?lang=en-US>



## Full URLs for resources...

### Mental Health Resources continued

- <https://www.virusanxiety.com/>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

### Kid Resources

- <https://www.gonoodle.com/>
- <https://www.youtube.com/watch?v=iEKIWatzlio&list=PLE8B1DE388BFF8B78>
- <https://www.youtube.com/watch?v=dhCMoC6GnrY>
- <https://www.cosmickids.com/category/watch/>
- <https://douglasesd.k12.or.us/sites/douglasesd.k12.or.us/files/File/rsoi/ties-archive/okeze-handout-1.pdf?openyts=1584640631946>
- <https://rangerrick.org/>
- <https://www.abcya.com/>
- <https://www.abcmouse.com/abt/homepage>
- <https://ed.ted.com/>
- <https://pbskids.org/>
- <https://www.123homeschool4me.com/>
- <http://www.readwritethink.org/>
- <https://www.youtube.com/user/khanacademy/videos>
- <https://www.wsisd.com/apps/pages/familyactivities>
- <https://artsandculture.google.com/?hl=en>
- [https://www.youtube.com/results?search\\_query=monterey+bay+aquarium+live+cam](https://www.youtube.com/results?search_query=monterey+bay+aquarium+live+cam)
- <https://www.lebonheur.org/blogs/practical-parenting/a-new-routine-activities-for-family-fun-at-home-during-the-covid-19-outbreak/>

## Full URLs for resources...

### Connected Resources

- <https://nextdoor.com/>
- <https://artandhealing.org/>

### Learning Resources

- <https://classes.brit.co/learn/>
- [https://ed.ted.com/lessons?content\\_type=animations+talks&direction=desc&sort=publish-date&user\\_by\\_click=educator](https://ed.ted.com/lessons?content_type=animations+talks&direction=desc&sort=publish-date&user_by_click=educator)
- <https://www.ted.com/talks>
- <https://artsandculture.google.com/?hl=en>
- <https://zoo.sandiegozoo.org/live-cams>
- [https://www.youtube.com/results?search\\_query=monterey+bay+aquarium+live+cam](https://www.youtube.com/results?search_query=monterey+bay+aquarium+live+cam)
- <https://www.openideo.com/challenges>
- <https://www.nanowrimo.org/>