COVID-19 Resiliency and Wellness Resources

Per the Centers for Disease Control and Prevention (CDC), reactions during difficult times can be variable and may include:

- Concern and fear over your health and your loved ones
- Changes in sleep and eating
- Difficulty concentrating on tasks
- Difficulty coping with chronic health problems
- Increased use of alcohol, drugs and/or tobacco

It is normal to feel some degree of anxiety due to feelings of uncertainty. However, if your worry falls into the category of not sleeping, not eating, or excessive stress, please reach out to a professional.

If you are overwhelmed with feelings, it is extremely important that you take care of yourself. We have the following recommendations for you that can help manage your emotions:

- Take time to experience and process what is happening.
- It is helpful to prioritize what needs to get done. Create a to-do list to ease cognitive overload.
- Reach out for support. Craving connection and unity is natural during times of stress. **Social distancing does not mean social isolation.** Reach out to family, friends and colleagues. Leverage technology such as Facetime, Skype or WebEx for those who you cannot interact with directly face-to-face.
- Ask yourself, “What advice would you give to a friend?” Then, adhere to it.
- Do something that helps you keep your sense of normalcy
  - PHYSICAL ACTIVITY: Plenty of resources are available online and on YouTube for fitness-related activity in times of social distancing. Please reference the resource links below for some examples.
  - CREATIVITY: Tap into art, writing or reading while at home. At work, try and take a creative lunch break if this is what brings you joy.
  - NUTRITION AND SLEEP: Make sure you are drinking plenty of water, eating healthy meals, avoiding too much alcohol and other mind-altering substances and optimizing rest and sleep. Good nutrition and sleep improves mental functioning and supports the immune system, which can impact perception and improve healthy emotional responses.

Please refer to the following links for further resources to support you in this time:
Support Resources

- **Crisis Text Line**: Text HOME to 741741
- **National Suicide Prevention Hotline**: 1-800-273-8255
- **SAMHSA National Helpline**: 1-800-662-HELP

Parenting Resources

- **Talking to Kids about Coronavirus**
- **Just for Kids: A Comic Exploring the New Coronavirus**
- **Help Kids Manage Anxiety around Coronavirus (4 Expert Video)**
- **Time to Come in, Bear: A Children's Story About Social Distancing**

Homeschooling Resources

**Online Learning**

- **Scholastic Learn at Home**
- **LAUSD and PBS At Home Learning**

**Tips for Home Learning**

- **Ten Tips to Help Create a Home-Learning Environment**
- **Giant List of Ideas For Being Home With Kids**

**At-Home Activities**

- **Boredom Busters: 110 Fun At-Home Activities for Families and Kids**
- **30 Day Lego Challenge**
- **Brain Pop**
- **Math Games**
- **Story Online** *(books read by actors)*
● **CosmicKidsYoga** (movement)
● **Go Noodle** (movement)
● **My School is Closed Today Book for Kids**

**Virtual Field Trips**

● **Virtual Museum Tours**
● **Virtual National Park Tours**
● **Virtual Tour of Mars**
● **Live Feed of Monterey Bay Aquarium**
● **Live Feed of the San Diego Zoo**
● **15 Virtual Field Trips Kids Can Take From Your Living Room**

**Free On-Demand Physical Activity Resources**

● **Online Yoga and Meditation Classes**
● **CorePower on Demand**
● **Women's Health Magazine Workouts**
● **Men's Journal 8 At-Home Workouts**
● **Blogilates At Home Pilates and Barre Workouts**
● **Fitness Marshall At-Home Dance Workouts**
● **POPSUGAR At-Home Workout Channel**
● **Just Dance Workout Videos**
● **Wakeout Activities for Busy People**
● **Special Olympics: School of Strength**

**Meditation & Mindfulness Resources**

● **Calm Free Meditations**
● **Controlling Coronavirus Anxiety**
● **Taking Care of You: Stress Management and Self-Care Resources**
● **Tips to Beat Insomnia**
● **Just Breathe: 9 Tips for Managing Stress During the COVID-19 Pandemic**
Virtual Cultural Enrichment

- Virtual Museum Tours
- Virtual National Park Tours
- Virtual Tour of Mars
- Live Feed of Monterey Bay Aquarium
- Live Feed of the San Diego Zoo
- Nightly Opera Stream
- LACMA at Home
- Aquarium of the Pacific: Aquarium Academy

Other Resources

- LA County Department of Public Health
- The Right Way to Clean Your Cell Phone
- Help Your Family De-Stress During Coronavirus Uncertainty
- CDC Guidance for Managing Anxiety and Stress
- Los Angeles Department of Aging PickUp Meals for Seniors
- LAUSD Grab and Go Meal Centers for Children
- California Food Banks
- My CalFresh Nutrition Program