

Stress Management and Supportive Resources during Shelter in Place/COVID19:

Mindfulness and Relaxation-Based Resources

- <https://www.headspace.com>
- <https://apps.apple.com/us/app/breathe2relax/id425720246>
- <https://apps.apple.com/us/developer/omg-i-can-meditate-inc/id920161005>
- <https://apps.apple.com/us/app/relax-stress-and-anxiety-relief/id408784780>
- Calm.com
- <http://mindfulnessforteens.com/resources/>
- <https://www.uclahealth.org/marc/mindful-meditations>
- <https://positivepsychology.com/mindfulness-for-children-kids-activities/>
- <http://imaginaction.stanford.edu/>

Yoga to Stay Active

- 10 Poses for Anxiety http://www.huffingtonpost.com/2013/05/19/yoga-for-anxiety-10-poses_n_3281986.html
- <http://fit.webmd.com/teen/move/slideshow/slideshow-yoga-for-energy>
- Introducing Yoga into the Lives of Teens
<http://www.lianalowenstein.com/articleProfYoga.pdf>
- <https://yogawithadriene.com/yoga-for-kids/>
- School Age kid friendly yoga and mindfulness <https://adventuresofsuperstretch.com>

Additional Resources to Support Stress Management and Boost Mood

- Virtual tours of national parks
<https://www.insider.com/national-parks-america-virtual-tours-3d-visit-2020-3#channel-a-tropical-mood-by-exploring-dry-tortugas-national-park-located-on-islands-off-the-coast-of-florida-12>
- Wildlife and nature webcams
https://therevelator.org/covid-19-wildlife-livecams/?fbclid=IwAR0YoOu-Sf2M0TJQW260EScX2yrEe5t-GCFPrkDYtmI9_FE74UnCF0I0le8
- Virtual museum tours
<https://www.goodnewsnetwork.org/tour-2500-world-famous-museums-from-comfort-your-own-sofa/?fbclid=IwAR2OUw6nCvPI-tbepuvyPqJdbdFsEo-OOzdQxi9IX2IMGxAXJ44CDQAiqMY>
- Monterey Bay Aquarium webcam
<https://laughingsquid.com/live-video-streams-from-monterey-bay->

[aquarium/?fbclid=IwAR1Z5UVkLHnFSPhf4Z5gTFc6b4bKGT3ZZe9UPInR33-QHAUfJ31kMy3KrOI](https://www.aquarium.org/?fbclid=IwAR1Z5UVkLHnFSPhf4Z5gTFc6b4bKGT3ZZe9UPInR33-QHAUfJ31kMy3KrOI)

- Bay Area streamed events
<https://datebook.sfchronicle.com/entertainment/bay-area-coronavirus-shutdown-what-events-are-being-live-streamed-during-shelter-in-place-order?fbclid=IwAR1dYvEJo38uYD77-1481jDibG-o4UozZkm7mlkWHICVcVfBWfWJN00hjEs>
- Dance classes and performances
<https://www.dancingalonetogether.org/>
- Watching TV/movies with friends online
<https://www.makeuseof.com/tag/watch-netflix-with-friends-far-away/>
- Board games online
<https://en.boardgamearena.com/>
- Education companies offering free subscriptions during school closings:
<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1iKVfFrIuzSxJeZvVQc3GKedn1LvVpl2MtaCbigiM5zWHZIXchkKcLKkE>
- Ivy League courses for free
<https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>