

Self Care Resources
 OUSD Early Learning Community

<p>Community Mental Health Resources</p>	<p>Mental Health Support (children & families) Managing Stress & Anxiety: Coronavirus Disease 2019 (English & Spanish) Helping Children Cope w/Emergencies 6 Mental Health Tips for Parents During the Coronavirus Outbreak Coronavirus Anxiety Management Be Your Own First Responder Tips for Supporting Your Child During COVID-19 COVID-19 Resources List</p>
<p>Self Care Tips</p>	<p><u>Adults</u> Remaining Emotionally Connected While Practicing Social Distancing Taking Care of Yourself: For Early Care & Education Providers Vision Board - Easy Tips - Essence Create Your Vision Board Yet - Brown Girl 7 Tips for Working from Home w/ Your Kids During the COVID-19 Outbreak</p>
<p>Therapeutic</p>	<p>Gardening Journaling Gratitude List Personal Mantras: "This too shall pass" & "How can this moment be for me" Read Favorite Book Recipe Swap Adult Coloring Books Organizing spaces (indoor & outdoor) Facetime coffee dates with loved ones</p>
<p>Body & Movement</p>	<p><u>Adults @ Home Workouts</u> Golds Gym (free pass virtually) Blink Fitness (Facebook Live) Black to Yoga (Facebook & Zoom) Peloton (yoga, meditation, strength) 305 Fitness / Cardio Dance Party Nike Training Club Zumba Fitness Cardio Workout DJ D-Nice Social Distance Dance Party</p> <p>Happy & Healthy Yoga Sessions/ March 18- May 13 (Wednesdays only) via Zoom 3:30 PM/PST Session (click here /Meeting ID: 755 624 421/ Password:040354)</p> <p>Happy & Healthy Yoga Sessions/ March 18- May 13 (Wednesdays only) via Zoom 5:15 PM/PST Session (click here / Meeting ID: 616 269 886/Password: 040354)</p> <p><u>Children</u> Kids Zone: Happy & Healthy Yoga Time via Zoom (March 18 -May 13/Wednesdays only/ 3:00-3:30 pm) (Meeting ID: 931 260 935 / Password: 097667) Physical Movement</p>

Mindfulness	<p><u>Adults</u> Calm Headspace Stop, Breathe & Think Chinese Flute - Meditation</p> <p><u>Children</u> Belly Breathing video Feeling a Feeling video Mindfulness: Mindful Listening Trigger Stop: Social & Emotional Check-In (Apple) Trigger Stop: Social & Emotional Check-In (Android)</p>
Sleep Apps (Apple & Android)	<p>Relax Melodies Relax & Sleep Well Pzizz</p>
Intellectual Stimulation	<p>Class Central (free courses)</p>
Music/Dance (joyful)	<p>I Will Survive - Gloria Gaynor Higher Love - Kygo & Whitney Houston Stronger - Kelly Clarkson Staying Alive - Bee Gees U Can't Touch This - Mc Hammer Survivor - Destiny's Child NPR Tiny Concerts</p>
Virtual Affinity Groups/Circles	<p>Live Stream Faith Services Fitness Groups Family Game Night Social Hour</p>
Home Cooking	<p>Home Cooking Quarantine - Easy Recipes from Your Pantry Quarantine - Chicken & Sausage Gumbo 25 Pantry Meals to Make During Quarantine (plant-based)</p>
Podcasts	<p>Latinx Therapy Brown Girl Self Care Brown Girl Self Care - How to Win During Coronavirus Chinese Therapist Story Corps (personal stories)</p>