

Virtual CSS Webinar Series

March – April 2020

THEMES:

*Physical Health and
Wellness

*Mindfulness/
Stress Reduction

*Cognitive Activities

*Household Tasks

*Creative Arts



Mindfulness/Stress Reduction

Resources from the Greater Good Institute

<https://ggsc.berkeley.edu>

- **Greater Good Together:** (20 MINUTES) of connection on Facebook Live. They will lead a brief grounding practice and then offer practices to boost resilience, connection, or positivity. These sessions are FREE and our offering to give you a sense of community and connection during these hard times. They are easy to join: Just log in to their [Facebook page](#) Tuesdays and Thursdays at 1 p.m. PDT.
- **Free Live & Online - Daily Meditation & Support Groups from Mindful Leader:** Thirty-minute sessions held Monday through Friday from March 23 to May 1, including 15 minutes of silent meditation and 15 minutes of reflection and discussion.
- **Mindful Breathing** (15 MINUTES): Build resilience to stress, anxiety, and anger.
- **Expressive Writing** (15 minutes): Work through an emotional challenge.
- **Compassion Meditation** (30 Minutes): Strengthen feelings of concern for the suffering of others.
- **How to Transform Stress into Courage and Connection** (article): Learn why fight-or-flight isn't our only built-in response to stress, and how we can find reserves of strength and kindness in crisis, from Kelly McGonigal.
- **Five Science-Backed Strategies to Build Resilience** (article): Learn about 12 different exercises you can do when facing difficulty.
- **Seven Ways to Help Someone with Anxiety** (article): Some people are more anxious than others during these times. Find out different ways you can support loved ones who are struggling.
- **Step Away from Anxiety** (podcast- 22 minutes): Author Raina Telgemeier works on getting out of her head when the nerves hit.
- **How to Find Your Silver Linings** (podcast- 27 minutes): Poet and "recovering pessimist" Maggie Smith practices not fixating on what's going wrong.

- [Do You Know How to Eat a Raisin?](#) (podcast- 19 minutes): When life seems nothing but chaos, slowing down can be powerful. Luke Burbank tries a unique meditation practice with a single raisin.
- [How to Connect with Your Body](#) (podcast- 19 minutes): Taking a moment to check in with our physical selves can bring a sense of calm, as actor Daniel Wu discovers.
- [Just One Thing: Relax Needless Fear Around Others](#) (article): Fear of COVID-19 can make us suspicious of each other. Follow Rick Hanson’s advice to stop seeing other people as threats.
- [Being Resilient During Coronavirus, from Dr. Rick Hanson](#): Learn tips for feeling safe in a time of fear and threat with this video, meditation, and podcast.
- [Coronavirus Sanity Guide](#) from Ten Percent Happier: Get live weekday talks with meditation teachers, guided meditations, and lectures, many of which are specifically related to COVID-19. Health care workers also get free access to the Ten Percent Happier meditation app.
- [Real-time Resilience Strategies for Coping with Coronavirus](#) from the New Zealand Institute of Wellbeing and Resilience: Follow this list of valuable tips from experts on resilience and emergency management.
- [The Crisis Kit: 5 Tools for Helping Clients Through Turbulent Times](#) from PositivePsychology.com: Mental health practitioners can use these five exercises to help clients find calm, a sense of control, and acceptance.
- [ArtsWave Edition of Mindful Music Moments](#), from the Cincinnati Symphony Orchestra and the Cincinnati Opera: 10 weeks of daily doses of guided meditation set to music.
- [Mindful Poetry Moments and the On Being Project](#): Participating schools, individuals and organizations will be offered recordings of poets reading their work. The audio will be accompanied by mindful prompts and meaning-making questions like “Does this poem encourage gratitude? How?” and “What’s a line in this poem that brings a strong visual image to your mind?”

Yoga

- The Chopra Center <https://chopra.com/articles/chair-yoga-flow-for-all-levels>
- <https://chopra.com>
- Google “free chair yoga”
- Yoga with Adriene <https://yogawithadriene.com>
- Love Your Brain <https://www.loveyourbrain.com/yoga-videos>
- Peloton (free 30 day app trial- Includes yoga) <https://www.onepeloton.com/app>

Mindfulness/Relaxation

- Khan Academy (to learn about types of meditation)- Free
https://www.khanacademy.org/search?referrer=%2Fsearch&page_search_query=meditation
- The Great Courses Plus (to learn about different types of meditation/mindfulness)- one month free trial
<https://www.thegreatcoursesplus.com/lp/t1/freemo>
- Calm app
<https://www.calm.com>
- Oprah and Deepak 21-Day Meditation Experience
<https://chopracentermeditation.com/>
- Quizlet (Stress management flash cards)
<https://quizlet.com/56255115/stress-management-worksheets-flash-cards/>
- iRest (meditation practice)
<https://warriorspiritproject.org/try-irest-now/>
- Atmosphere app (Relaxing sounds with timer)
<https://apps.apple.com/us/app/atmosphere-relaxing-sounds/id1259186300>
https://play.google.com/store/apps/details?id=com.peapocketstudios.atmosphere&hl=en_US
- Love Your Brain
<https://www.loveyourbrain.com/resources-overview>
- Headspace
<https://www.headspace.com/covid-19>
- Find Weathering The Storm for free meditation
- Monterey Bay Aquarium Guided Meditation
https://www.youtube.com/watch?v=4RtVT7Cfcp4&feature=emb_rel_pause
- Monterey Bay Aquarium live cams
<https://www.montereybayaquarium.org/animals/live-cams>
- Ten Percent Happier
<https://www.tenpercent.com/coronavirussanityguide>
- Teaching Mindfulness
<http://www.sharingmindfulness.com/audio/>
- VA's Mindfulness Coach App
<https://mobile.va.gov/app/mindfulness-coach>
- The Well
Facebook daily meditations (15 minutes)
<https://www.thewell.world/about/the-well>
- Home Base
https://www.homebase.org/operationhealthathome/?re_appeal=2002AGEMXXMN&utm_campaign=enews&utm_medium=email&utm_source=hb-bos-mar-20&mkt_tok=eyJpIjoiWkdWak0yUmtZelUxWmpoaCIsInQiOiJ6eXp2TWhublVWbnlVHFnM0RweGhBVW5LUUpXSzEjZFB2aFNFNiF6VXlwR1psSHQ0RE11cjRkaEZ4Y3lTRis3K1V5ZE0yZmVJaXZQb2ttcitoVTBhYTlvVGRWbldzMW9sVURpbENEV20xWEVFNXdFdklidFlzbGVQVnBZZ2duQyJ9

- Zentangle
Artists Network
<https://www.artistsnetwork.com/how-to-zentangle/>
- Operation Health@Home
<https://www.homebase.org/operationhealthathome/>

Positive Thinking

- Good News Network
<https://www.goodnewsnetwork.org>

Exercise

- Go on a “walk” together
- Planet Fitness
<https://www.usatoday.com/story/money/2020/03/16/planet-fitness-offers-free-home-workout-classes-online/5062122002/>

Chess

- Play Chess
<https://play.chessbase.com/en/>
- Chess24
<https://chess24.com/en/play/chess>

Puzzles

- Jigsaw puzzles
<https://www.jigsawplanet.com>

Virtual knitting circle

- Google virtual knitting circle in client’s area

Crochet

- The Spruce Crafts
<https://www.thesprucecrafts.com/online-crochet-lessons-3976109>

Cooking

- Find simple recipes that you can both do

Kindness Rock Project

- <https://www.thekindnessrocksproject.com>

Garden

- Container gardening
<https://www.thespruce.com/before-you-make-your-first-container-garden-847850>

Color

- Just color
<https://www.justcolor.net>

Laugh

- Cute puppies, kittens videos
- Clean jokes
<https://bestlifeonline.com/funny-clean-jokes/>

Spirituality

- <https://positivepsychology.com/science-of-spirituality/>

Book discussion

- Barnes and Nobles
<https://www.barnesandnoble.com/blog/book-club-questions-everyone-can-answer/>

Write

- Article
<https://thriveglobal.com/stories/relieve-stress-by-reading-and-writing/>
- Article
<https://psychcentral.com/blog/how-to-begin-journaling-for-stress-relief/>