



Walking

Yoga

Meditation- breathing on counts, mindful minute,
5 senses, body scan, muscle relaxation, quotes

Presence/awakening- mindfulness activity

Mindful eating- drink water

Make lists, organize, work on projects around the
house

Puzzles

Create- painting/drawing, scrapbooking, sewing

Connect with nature- birdwatching, gardening, get
outside, zoo live cams

Journaling- Gratitude, affirmations, acknowledge
your accomplishments, favorite quotes

Resources:

www.tenpercent.com/coronavirussanityguide

Ten Percent app

www.virusanxiety.com

Calm app

Simple Habit app

Headspace app

Books: Thich Naht Hahn, Baron Baptiste,
Journey to the Heart by Melody Beattie

Youtube: Yoga with Adriene, Baron Baptiste meditations

www.breatheyoga.com/Free-Classes

www.iustcolor.net Free printable adult coloring pages

www.whitemountainpuzzles.com

www.springbok-puzzles.com

Jigsaw Puzzles App

www.zoo.sandiegozoo.org/live-cams