



Let this guide help you stay positive and connected and provide resources and innovative ideas to mental and physical health and wellness.

## Passing the Time/Staying Connected

- **Gaming:** [Kongregate](#) - Free online games ranging from casual if you just have a few minutes to longer-form games that you can come back to.
- **Words with Friends:** Word Puzzles & Crossword games, Play with friends or alone
- **Art:** [Google Doodles](#) - We've all seen the Google Doodles that appear during special events or to honor specific people. This is the archive that you can get lost in.
- **Music:** [Song Maker](#) - A quick and fun way to let out some noise while on your computer. Song Maker lets you easily construct songs, play them back, and remix them.
- **Education/Inspiration:** [Ted Talks](#) - The TED Talks channel features the best talks and performances from the TED Conference, where the world's leading thinkers and doers give the talk of their lives in 18 minutes (or less).
- **ReadyRosie**- With the growing impact of the COVID-19 virus, ReadyRosie is developing this free toolkit as a resource to support families with information and resources for supporting the children in their care. ReadyRosie including learning and activity tools, prevention and care, and also emotional well-being.
- **Entertainment:** [Open Culture](#) - 1,000's of movies for free, including classics, indies, film noir, documentaries and more.
- **Art:** [Virtual Museum Tour](#) - Take a virtual tour of some of the world's greatest museums and heritage sites.
- **Nature:** [Animal Cams](#) - Check out these amazing feeds! From jellyfish to an African watering hole.
- **Hogwarts Digital Escape Room** - A digital game that you must try to escape from the Harry Potter themed room.
- **Attend Virtual Concerts** : Many are free and open to everyone!
- **Indigenous School Teachers** - Stay connected to learning *and* learn more about indigenous culture.
- **Houseparty** - Stay connected with friends, play games, and see everyone on the same screen in an easy to pop in and out of "house".

- [Bunch Group Video Chat & Games](#) -Video chat and play games with your friends, several multiplayer games
- [Airtime: Watch Together-](#) Lets you watch and listen to videos, handpicked movies, and TV shows, music and more

## Staying Positive

- [Action for Happiness](#) - Action for Happiness is a movement of people committed to building a happier and more caring society.
- [Tiny Buddha](#) - Tiny Buddha is about reflecting on simple wisdom and learning new ways to apply it to our complex lives-complete with responsibilities, struggles, dreams, and relationships. A leading resource for peace and happiness.
- [Shine Text Messages](#) - a free app with daily messages and support for anxiety and depression
- [Replika](#) - A personal AI that would help you express and witness yourself by offering a helpful conversation. It's a space where you can safely share your thoughts, feelings, beliefs, and experiences. It also checks in on you daily and sends self-care reminders.
- [Quarantine Karaoke](#) - Taking the quarantine by storm is a Facebook group of people who are held up in their homes sharing their favorite songs. This is truly online karaoke and people supporting each other in an online environment to help each other get through this experience.
- [Center for Puppetry](#) - Live streaming puppet performances.
- [Ten Percent Happier](#) - Host Dan Harris tackles actionable and practical tips on how to deal with the anxiety and fear that comes with not only what is going on currently, but the lack of information around what the future holds.
- [Some Good News](#) - John Krasinski of The Office fame has started a YouTube channel from his home, sharing little bits of positive news to lift spirits!
- [Greater Good Berkeley's April Happiness Calendar](#) - This month, find resilience and reduce anxiety.

## Reduce Anxiety

- [Isle of Calm \(NPR\): Stream 6 Hours of Soothing Music](#)
- [Happify](#) - Happify is an app that assesses a variety of domains in your life and takes you through modules (games, activities, exercises) that are designed to reflect those domains to increase happiness and reduce stress.

- [AllTrails: Trail Guides & Maps for Hiking, Camping, and Running | AllTrails](#) - While our day-to-day routines have changed pretty dramatically, it's important to remember that we need to find ways to take care of ourselves. We might need to keep some physical distance from each other for a while, but we don't need to shut ourselves in. The outdoors is still open for business (just remember to practice social distancing!). AllTrails is a website and app that helps you find local trails and open spaces.
  - **Journaling Resources, Prompts, and Templates**
- [Calm](#) – short daily meditations and sleep stories to help you relax. ([Apple](#)) ([Google Play](#))
- [Headspace](#) – short 10-minute meditations ([Apple](#)) ([Google Play](#))
  - **Breathe2Relax** – is a stress management app, which will help you learn how to perform and use diaphragmatic breathing techniques for stress control. ([Apple](#)) ([Google Play](#))
- [Mindshift CBT](#) - uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.
- [Woebot](#) – Anxiety, depression and mindfulness tool that provides tiny conversations to help you feel at your best. ([Apple](#)) ([Google Play](#))
- [Stop, Breathe, and Think](#) – simple activities and meditation to help check in on your emotions and feeling ([Apple](#)) ([Google Play](#))
- [PTSD Coach PTSD](#) Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. ([Apple](#)) ([Google Play](#))
- [Quarantine Chat](#) - Developed to help people feel connected.
- [Shine](#) – provides a support system for daily stress and anxiety. Learn a new self-care strategy every day, get support from a diverse community. ([Apple](#)) ([Google](#))
- [7 Cups](#) - 7 Cups connects you to a trained caring listener for free emotional support. ([Apple](#)) ([Google Play](#))

## Learning Resources

- **Aquariums and Zoos: Live Feeds**
  - [Aquarium of the Pacific](#)
  - [Monterey Bay Aquarium](#)
  - [Maryland Zoo](#)
  - [The National Aquarium](#)
  - [San Diego Zoo](#)
  - [Reid Park Zoo](#)
  - [Woodland Park Zoo](#)

- [Smithsonian's National Zoo](#)
- **Podcasts**
  - [Unlocking Us with Brene Brown](#)
  - [Irresistible \(formerly Healing Justice Podcast\)](#)
- **Museums with Virtual Tours**
  - [The Louvre](#) located in Paris, is one of the world's largest art museums and offers free virtual tours of popular exhibits.
  - [The Solomon R Guggenheim Museum](#) located in New York offers a chance to view the collection and learn about the artist.
  - [The National Gallery of Arts](#) is located in Washington DC they offer both video tours and interactive activities.
  - [The British Museum](#) offers both [virtual tours](#) and also a chance to [view the collection online](#)
  - [Smithsonian National Museum of Natural History](#) is one of the most visited museums in the world and offers a room by room view of its exhibits.
  - [NASA](#) offers free virtual tours of the [Langley Research Center](#) and [Glenn Research Center](#).
  - [The Dali Theater – Museum](#) offers a virtual tour of the grounds and also a few exhibits
  - [National Woman's History Museum](#) in Virginia provides access to [oral histories](#) and [online exhibits](#)
  - [National Museum of the US Airforce](#) offers [virtual tours](#) and the museums podcast
  - [Google Art Project](#) has partnered with over 1200 museums around the world to provide virtual tours to see the [featured locations](#) to see [all of the sites](#).
  - [History Colorado](#) offers a podcast that shares stories of travel across Colorado.
  - [National Gallery of Art: Washington DC](#)
  - The world's [most famous tulip](#) garden tours
  - [Yale's 'Happiness' Course is Free Online](#) - Make a Coursera account (free) to access

## Support and Recovery (Young Adults and Adults)

- [Alcoholics Anonymous Online Intergroup](#) – a directory of online audio/video meetings seven days per week.
- [SMART Recovery](#) - an online community where participants help one another recover from addictive behaviors.
- [WEconnect and Unity Recovery](#) – free online daily all recovery meetings.

- [Narcotics Anonymous](#) - online meetings in various time zones using multiple platforms.
- [Herren Project](#) - live online support groups and recovery meetings moderated by trained clinicians.
- [In The Rooms](#) - free weekly online meetings for those recovering from addiction and related issues.
- [Learn to Cope](#) - online support forum open to families, friends and loved ones who have someone in their lives who is struggling with addiction.
- [Al-Anon Family Groups](#) - electronic meetings for anyone affected by alcoholism in a family member or friend.
- [DBSA Online Support Groups](#) - Young Adult specific support groups are indicated on this schedule
- [Young People in Recovery Virtual Meeting Schedule](#)
- <https://tobaccofreesouthwest.org/Virtual-Classes> Quit smoking or vaping with the support of virtual cessation programs and help with Nicotine Replacement Therapy

## Food Programs

- [Emergency Food Network](#)- Locations and hours of food banks
- [PA Nutrition and Education Network](#)- View PA NEN's collection of resources on food access and food safety during the COVID-19 pandemic
- [Salvation Army](#)- Provide food and other essential resources
- [Other locations](#) that are providing food free of charge and a state by state listing
- [USDA - Find Meals for Kids When Schools are Closed](#)

## Physical Health and Wellness

- **Health:** [Yoga with Adriene](#) - Welcomes all levels, all bodies, all genders, all souls! Browse the library of free yoga videos to find a practice that suits your mood.
- **Health:** [Fitness Blender](#)- Free workout videos for every fitness level. This site has it all- HIIT, pilates, strength-training- you name it!
- **My Fitness Pal:** keep track of caloric intake and workouts to meet your fitness goals
- **Runtastic:** combines traditional fitness with mobile applications, social networking and elements of gamification as a logical reaction to the Quantified Self movement
- **Asana Rebel: Yoga and Fitness:** Explore a world of **yoga**-inspired programs you can squeeze into the busiest schedules. **Fitness** in every format
- **MyTraining Workout Tracker Log:** Weightlifting tracking app, very easy to use and keep track of what weight, sets, and reps you do of an exercise and what days

- **My Virtual Mission:** Set up your own **virtual** fitness challenges on the **My Virtual Mission** website or app. Make your running, cycling, walking or other fitness and exercise distances count towards completing your own fitness challenges!
- **Couch to 5K Runner:** The **Couch to 5K** is an excellent training plan that takes newbies to form their **couch to running** a **5K—3.1** miles—in 8 weeks or less.
- **Daily Workouts Fitness Trainer: Daily Workouts** FREE is a great 5 to 30-minute **daily workout routine** for men and women that steps you through some of the best exercises you can do in the comfort of your own home.