

# Taking Care of Yourself During COVID-19

## Supporting Each Other/Community

- [Be There - Mental Health Support](#) - How to support those around you
- [MDAO Forum](#) - Forum to chat with others for support
- [Huddle](#) - Free video-based peer support groups around COVID-19, starts March 23

## Self-Management Strategies

- [Living Life to the Full](#) - Interactive, 8 week online course based on Cognitive Behavioural Therapy delivered in 90 minute sessions. Work with a group facing similar issues and learn how to respond to life's challenges.
- [Bounce Back Online](#) - A self-directed course from the Canadian Mental Health Association to help people manage low mood, stress, and anxiety. Weekly calls and homework with your personal coach to combat depression, anxiety, stress and worry. Program funded to expand for COVID-19 and available directly, without a doctor's referral.
- [Managing Stress & Anxiety from COVID-19 with Starling Minds](#) - Starling Minds has already helped thousands of individuals improve their wellbeing with their digital mental health programs. Now they would like to **help you** combat the stress, anxiety, and worry related to the COVID-19 pandemic. Free access with no strings attached. Program covers: self-awareness, healthy boundaries, creating realistic goals, strategies & tools, and peer support.
- [Online Stress Management Program](#) - In partnership with [SilverCloud](#) Health, Shoppers Drug Mart has opened a virtual stress management program, accessible anywhere from their phones, tablets or computer. The company will cover all associated costs when you use access code **SHOPPERS**
- [Happify: Science-based Activities and Games](#) - Happify is the single destination for effective, evidence-based solutions for better mental health. Proven techniques developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy.
- [Checking in](#) - Free 14-Day Emotional Well-being program to support your mental wellness as we navigate the uncertainty of COVID-19.
- [Anxiety Canada](#) - Explore self-management strategies like mindfulness, yoga, meditation, art, or exercise to manage anxious thoughts.

- [Tips for When the News Stresses You Out](#) - Events around the world can be scary. If you're feeling anxious about what's going on around the world, you're not alone. Your feelings are valid, and there are things you can do to take care of yourself.
- [Tips for Talking with Someone](#) - Sharing can make you feel less alone and help relieve the stress of dealing with challenges by yourself. The person you talk to may be able to offer reassurance, support, information, or help you get connected with services in your community or online. Here are some tips to help you get started.
- [Resilience Masterclass](#) from Institute of Coaching McLean, Affiliate of Harvard Medical School is a carefully curated set of resources, short articles, long articles, research papers and videos around the science of Resilience.

## Mindfulness & Meditation

- [Stillness Labs](#) is offering free 30min live online meditation sessions every **Tuesdays and Thursdays at noon PST** via Zoom so you can chime in from home.
- [Headspace](#) is offering **free** meditations for COVID19
- [Balance](#) - (iOS) This month, they're offering a completely **free** one-year subscription to Balance to anyone who wants it. Email [access@balanceapp.com](mailto:access@balanceapp.com) by **April 15th** for instructions.
- [Prana Breath](#) (Android) - **free** app for guided breathing Send to: [access@balanceapp.com](mailto:access@balanceapp.com)
- [Calm.com](#) is offering **free** meditations
- [Insight timer](#) - app for meditations with lots of great **free** meditations
- Anxiety Canada has a [great list of downloadable resources](#), and they also have a great mobile app called [Mindshift CBT](#)
- [UCSD Center for Mindfulness](#) is providing daily streams and recordings of mindfulness and compassion sessions to help cope with the current situation.

## Exercise & Movement

- [YYoga at Home](#) offers a 14 day free trial
- [Lululemon](#) is offering free yoga and meditation videos
- [Yoga for Change and Drain with Adriene](#) - Cultivate the tools to accept change gracefully with Yoga For Change And Drain. This practice utilizes heart openers, hip openers, and lymphatic movement to help us sync up with the breath, focus on sensations, and connect to the body.
- [10-Minute Yoga For Self Care - Yoga With Adriene](#) - 10 min Yoga For Self Care invites you to take 10 min of your day to practice self care and love of self. We spend a lot of time on our phones, computers, in traffic, working and taking care of others. Take TEN to tend to your mind and body with this practice that combines yoga asana,

breath and massage. Move in a way that feels good, tend to your heart space and cultivate self love with this 10 minute loving, healing, mindfulness practice.

- [Progressive Muscle Relaxation](#) will help you to lower your overall tension and stress levels, and help you relax when you are feeling anxious. It can also help reduce physical problems such as stomach aches and headaches, as well as improve your sleep.

## Resources for Kids (and Parents)

- [Cosmic Kids Yoga and Mindfulness](#) is a YouTube page with yoga, mindfulness, and relaxation videos designed for kids.
- [Canadian Mental Health: Talking to kids about COVID-19 and its impact](#)
- [Kelty Mental Health: Talking to children about COVID-19](#)
- [Confident Parents: Thriving Kids](#) offers two program streams to help parents support their children aged 3-12 to manage either anxiety or behaviour challenges. This program helps you develop skills and strategies to support your child to manage anxiety or behaviour challenges, through a series of online videos (for anxiety) or workbooks (for behaviour) and activities, supported by coaching sessions by phone. Coaching sessions can be scheduled during day, evening and weekend hours. Both program streams are based on strategies shown to be effective, and are offered at no cost to parents and caregivers across BC.
- [Khan Academy](#) offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. They tackle math, science, computer programming, history, art history, economics, personal finance, and more.

## Online Learning

- [Coursera](#) - a selection of courses completely free for anyone, anywhere so it's easier to keep learning. While many courses on Coursera are already available for free without a certificate, their promotion available through May 31, 2020 enables you to not only access lectures and quizzes, but also to earn a free certificate for courses that offer them.
- [Free Ivy League Courses](#) - a list of nearly 500 free online courses offered by Ivy League universities online.
- [Lynda.com](#) - Online education database offering over 5,000 video courses by top experts in many fields including web design, business/marketing, software development, photography, video/music/audio editing, 3D animation, graphic design and more. This database requires registration with a valid VPL membership and valid email address.

- [The Science of Well-Being](#) **free** 2-week MOOC from Yale designed to teach you how to build healthy habits and increase your happiness
- [Crescendo's](#) D&I Learning Platform is **free** for 6 weeks with learning tracks about: Connecting Pandemics & Xenophobia, COVID-19 & Socio-Economic Status, and Inclusive Remote Work
- [Edx](#) - **Free** online courses from top universities
- [Scribd](#) - Read free for 30 days.
- [Audible Stories](#) - Audible has launched a free service called Audible Stories, a database of free audiobooks for children and teenagers. Their new service offers worldwide, unlimited access to hundreds of free, full-length audiobooks and educational content in six different languages including English, French, Spanish, Italian, German and Japanese.

## Online Talk Therapy

- [Inkblot](#) virtual therapy sessions
- [Big White Wall](#) - is a **free**, online mental health and wellbeing service that helps people who are dealing with everyday stressors or major life events. Available 24/7/365
- [Peak Resilience](#) offers video counselling or phone sessions
- [Maple](#) offers psychotherapy on-demand via on the spot and bookable 30 and 50 minute sessions with via the secure app. Does have costs associated with it.

## Virtual Mental Health Support

### For Seniors

- [bc211](#) - The Province has expanded funding for bc211, a province-wide information and referral service. It matches volunteers to seniors whose support network has been affected by the COVID-19 outbreak.  
The service takes calls from people who would like to volunteer to help seniors in their community with basic needs, including grocery shopping and pharmacy drop-offs and check-ins.

### For Victims of Family or Sexual Violence

- [VictimLink BC](#) - Immediate 24/7 crisis support for victims of family or sexual violence is available by phone through VictimLink BC's 24/7 telephone service. This service also provides information and referrals for all victims of crime. Call [1-800-563-0808](tel:1-800-563-0808) or email [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca) to get help.

## For Indigenous People

- [First Nations Doctor of the Day](#) - Primary health care support is available seven days per week from 8:30 a.m.-4:30 p.m. for B.C. First Nations citizens, communities, and service providers. This First Nations Health Authority program is for people impacted by COVID-19 and who are unable to reach their regular primary care provider or do not have one. Call [1-855-344-3800](tel:1-855-344-3800) to book an appointment.

## Counselling and Registered Psychologists

### Talk to the Right Person

It's important to find someone you feel comfortable talking to and that during these times can provide secure virtual counselling.

Vancouver based [CounsellingBC.com](http://CounsellingBC.com) provides the best online information resource in British Columbia regarding counselling, psychological services, art therapy and psychotherapy. During COVID-19 please search the [directory](#) under **Approach Used** for counsellors who currently practice video, telephone, and virtual counselling. As time passes more and more counsellors and psychologists will be listed there.

## BC Crisis Hotlines & Resources

- [Crisis Centre](#) - 1-800-784-2433 No area code needed: 310-6789
- [Canadian Mental Health Association - British Columbia Division](#) - 1-800-555-8222
- [HeretoHelp](#) -1-800-661-2121
- [Youth in B.C. online chat](#)
  - Greater Vancouver: 604-872-3311
  - Howe Sunshine & Sunshine Coast: 1-866-661-3311
- [Aboriginal Wellness Program](#) - (604) 736-2033 or 1-866-884-0888
- [B.C. Psychological Association - Find a Psychologist](#) - 1-800-730-0522
- [B.C. Problem Gambling Help Line](#) - 1-888-795-6111

## Online doctor's appointments

- [Babylon Health](#) is a digital option to access healthcare. This is a free service if you have MSP.
- [Medimap](#) - Look up wait times at walk-in medical clinics in your community or consult with a doctor online. May have costs associated with it.

## Helpful and Inspiring Talks and Podcasts

- [It's OK to feel overwhelmed. Here's what to do next](#) - If you're feeling anxious or fearful during the coronavirus pandemic, you're not alone. Offering hope and understanding, author Elizabeth Gilbert reflects on how to stay present, accept grief when it comes and trust in the strength of the human spirit. "Resilience is our shared genetic inheritance," she says. (This virtual conversation is part of the TED Connects series, hosted by head of TED Chris Anderson and head of curation Helen Walters. Recorded April 2, 2020)
- [Building Resilience and Well-Being](#) - As director of the Resilience and Positive Psychology Training program at the Psychology Center of the University of Pennsylvania, Dr. Karen Reivich specializes in what makes us bounce back from adversity. Join us as she shares the attributes that help us create more resilience in our lives—and how we can teach our children to become more resilient, too. What you'll learn in this podcast episode: 1. Why some of us are naturally more resilient than others, 2. How to start teaching resiliency skills to children, and 3. The role of optimism in resilience
- [How to Be Your Best Self in Times of Crisis](#) - "Life's beauty is inseparable from its fragility," says psychologist Susan David. In a special virtual conversation, she shares wisdom on how to build resilience, courage and joy in the midst of the coronavirus pandemic. Responding to listeners' questions from across the globe, she offers ways to talk to your children about their emotions, keep focus during the crisis and help those working on the front lines.
- [The Happy Secret to Better Work](#) - We believe we should work hard in order to be happy, but could we be thinking about things backwards? In this fast-moving and very funny talk, psychologist Shawn Achor argues that, actually, happiness inspires us to be more productive.
- [The Power of Vulnerability](#) - Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.
- [How to Make Stress Your Friend](#) - Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

## Fun & Entertainment

- [Some Good News](#) - John Krasinski highlights some good news from around the world.

- Feeling intrigued by the sourdough trend during this pandemic? Here's how to [make your own homemade sourdough starter](#) and here's a [complete guide to sourdough baking](#).
- The Vancouver Public Library has an [extensive digital library](#) with access to e-books, audiobooks, newspapers, courses, and more!
- Did you know you can watch [live cams](#) at the Vancouver Aquarium? (Watching the otters float is particularly soothing).
- Missing live music? Billboard has created [a list of musicians](#) doing live-stream and recorded concerts you can watch at home.
- Watch one of the movies from this round-up of [Twelve Films that Highlight the Best in Humanity](#).
- Some of the world's best virtual museum and art gallery tours are available: [J Paul Getty Museum \(Los Angeles\)](#), [Vatican Museums \(Rome\)](#), [Guggenheim \(Bilbao\)](#), [Natural History Museum \(London\)](#), [Rijksmuseum \(Amsterdam\)](#), [National Museum of Modern and Contemporary Art \(South Korea\)](#), [Musee d'Orsay \(Paris\)](#), [British Museum \(London\)](#), [MASP \(São Paulo, Brazil\)](#), [National Gallery \(London\)](#), [The Louvre \(Paris\)](#), [Van Gogh Museum \(Amsterdam\)](#), [Metropolitan Museum of Art \(New York\)](#), [Smithsonian National Museum of Natural History](#)...
- Zoos and Aquariums are also offering live cam options:
  - The Cincinnati Zoo: Check in around 3 p.m., because that's the time the Zoo holds a daily Home Safari on its [Facebook Live Feed](#).
  - Atlanta Zoo: The Georgia zoo keeps a "[Panda Cam](#)" livestream on its website.
  - Georgia Aquarium: Sea-dwellers like African penguins and Beluga Whales are the stars of this aquarium's [live cam](#).
  - Houston Zoo: There are plenty of different animals you can check in on with this [zoo's live cam](#), but we highly recommend watching the playful elephants.
  - The Shedd Aquarium: This Chicago aquarium shares some pretty adorable behind-the-scenes footage of their residents on [Facebook](#).
  - San Diego Zoo: With what may be the most [live cam options](#), this zoo lets you switch between koalas, polar bears, and tigers in one sitting.
  - Monterey Bay Aquarium: It can be Shark Week every week thanks to live online footage of [Monterey Bay's Habitat exhibit](#).
  - National Aquarium: Walk through tropical waters to the icy tundra in this [floor-by-floor tour](#) of the famous, Baltimore-based aquarium.
- Theme Parks are closed for in-person visits but they are offering virtual tours:
  - Walt Disney World - Set aside some time, because there's plenty to see here. [Virtual tours](#) you can take include Magic Kingdom, Animal Kingdom, and Epcot, just to name a few. There are also unofficial YouTube videos that feel just like you're on famous rides like the [Frozen Ever After ride](#), [It's a Small World](#), [Monsters, Inc. Mike & Sulley to the Rescue!](#), and [Pirates of the Caribbean](#).

- LEGOLAND Florida Resort: The Great Lego Race and Miniland USA are just two of the attractions you can check out in a [virtual tour of the park](#).
- Tired of Netflix but love a good musical? Well, [BroadwayHD](#) has a library of about 300 Broadway productions. They offer a seven-day free trial, so you can stream as many shows, plays, and ballets as your musically deprived heart desires.