

Coping and Leisure Resources for Physical Distancing

Our Skills for Life Occupational Therapists have put together resources for clients and families to use during this time of physical distancing and extra time at home.

We realize this is a stressful time with a lot of uncertainty and disruptions, so we wanted to offer suggestions and resources for keeping a daily routine, spending time at home, and managing worries.

Set up your home routine

Please see documents on SFL website, these include:

- Daily schedule by hour
- Weekly schedule by time of day
- Routine-building worksheet to identify activities you want to do

Explore at home!

There are many options online to explore art, nature, and shows right on your computer!

- Explore the National Parks online:
 - The Hidden Worlds of the National Parks by Google Arts & Culture: <https://artsandculture.withgoogle.com/en-us/national-parks-service>
- Explore museums and artwork and take guided tours of cool places online:
 - Street View with Google Arts & Culture: <https://artsandculture.google.com/project/street-view?hl=en>
- Watch live videos of sea life:
 - Monterey Bay Aquarium Live Cams: <https://www.montereybayaquarium.org/animals/live-cams>
- Watch pandas live online:
 - Zoo Atlanta PandaCam: <https://zooatlanta.org/panda-cam/>
- Take a virtual tour of the National Museum of Natural History:
 - National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>
- Take a tour of Street Art around the world:
 - Street Art by Google: <https://streetart.withgoogle.com/en/audio-tours>
- Do a virtual dive:
 - National Marine Sanctuaries: <https://sanctuaries.noaa.gov/vr/>
- Watch a virtual concert:

- NPR list of virtual concerts and times: <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- Watch Broadway shows online:
 - Get a 7-day free trial to Broadway HD: <https://www.broadwayhd.com/>

Use your brain!

Use these free resources to keep your mind working at home and learn new things.

- Read
 - KindleUnlimited has free 2-month subscriptions: https://www.amazon.com/kindle-dbs/promoLanding?linkCode=w61&imprToken=SD1PvcoQAI3nCLJQJeqTdw&slotNum=0&campaignId=907ea992-8e47-45f1-bacf-eeee592e4423&promoCode=907ea992-8e47-45f1-bacf-eeee592e4423&tag=nypost-20&tag=nypost-20&mod=article_inline
 - Get free books and audiobooks online from your local library using Libby: <https://www.overdrive.com/apps/libby/>
- Learn
 - List of free Ivy League courses online: <https://www.classcentral.com/collection/ivy-league-moocs>
 - List of free college courses online: <http://www.openculture.com/freeonlinecourses>
- Write
 - Weekly writing prompts online, with a short story competition: <https://blog.reedsy.com/creative-writing-prompts/>

Exercise at home!

Get your body moving when you can. Take a walk outside (as long as you're staying safe) or find free workouts that you can do in your home.

- Free online workouts
 - <https://www.fitnessblender.com>
- Yoga with our very own SFL OT, Elissa Rosenthal!
 - <https://www.youtube.com/channel/UC2Xp5VvDwLnBpcwBIQZ5gtg>

Coping with COVID-19 worries and uncertainty

This is a stressful time, and it is important to take care of your mental health. Many organizations have put together articles and ideas for ways to manage stress and anxiety related to COVID-19.

- **That Discomfort You're Feeling Is Grief:** <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>
- **Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty** by HelpGuide: <https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>
- **Video on Managing Coronavirus Anxiety by the Anxiety and Depression Association of America:** <https://adaa.org/webinar/consumer/managing-coronavirus-anxiety-part-3-expert-tips-and-strategies>
- **CDC instructions on how to make cloth masks for if and when you need to go out:** <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Practice mindfulness

One way to manage uncertainty about the future is to focus on the present moment using mindfulness.

Click here for a worksheet on ways to practice mindfulness at home by TherapistAid: <https://www.therapistaid.com/worksheets/mindfulness-exercises.pdf>

Check out these apps!

- Insight Timer: Free meditations, guided imageries, and relaxation tools
 - <https://insighttimer.com>
- Calm: Get a free 7-day subscription to the Calm app for guided meditations:
 - <https://www.calm.com>
- Headspace: Get a free 7-day subscription to the Headspace app for guided meditations:
 - <https://www.headspace.com/subscriptions>

Note: Inclusion of resources does not imply endorsement from Skills for Life or MAB Community Services, Inc.