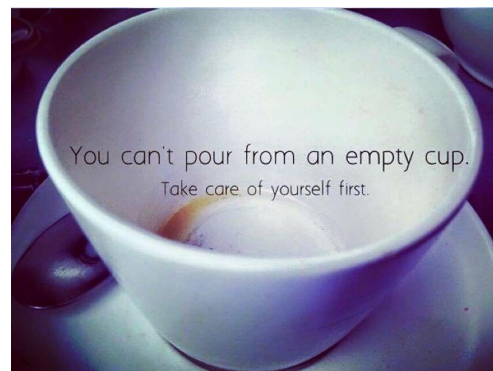


Self-Care

What are you doing for YOU
today?



Coping Tips:

- [Coping with Stress & Anxiety During the Coronavirus Pandemic](#)

Helpful Videos & Media:

- [Progressive Relaxation video](#)
- [Guided Imagery video](#)
- [Music for relaxation, peace and to wipe away negativity](#)
- [Coronavirus Counseling Videos](#) 30+ short counseling videos with one self-care tip, activity, or reflection.

Helpful Articles:

- [Teacher Self-Care: 5 days to build healthy care habits](#)
- [Tips for managing virtual instruction during the Covid-19 Crisis](#)
- [Flexibility in the Midst of Crisis](#)
- [50 Positive Affirmations](#)
- [Teaching Through a Pandemic: A Mindset for This Moment](#)
- [That Discomfort You're Feeling is Grief](#)
- [Taking Care of your Mental Health in the Face of Uncertainty](#)

Fitness:

- [Free 12 week workout program](#) recommended by a colleague
- [10 minute yoga for self care](#)
- [Peloton App--free for 90 days](#)

- [DAREBEE free workouts](#)

Apps for Self-Care:

- [Headspace--free meditation and mindfulness resources for all New Yorkers](#)
- Oak--Meditation & Breathing
 - [Apple](#); [Android](#)
- Let's Meditate
 - [Android](#); [Apple](#)
- Happy Color (color by number)
 - [Android](#); [Apple](#)
- Coloring Book for Adults
 - [Android](#); [Apple](#)
- [365 Gratitude Journal](#)
- I am - Positive, daily affirmations
 - [Android](#); [Apple](#)

Here is a little mindfulness activity to try:

PRACTICE S.T.O.P.

- *S--stop what you are doing for a minute*
- *T--take a breath. Breathe normally and naturally, follow your breath coming in and out of your nose*
- *O--observe your thoughts. When a thought arises, acknowledge it, sit with it and accept it. Notice any emotions that are present and name them. Just naming your emotions can have a calming effect. Then focus on your body...any physical sensations like a racing heart, tense muscles or pain? Identify it.*
- *P--proceed with something that will support you in the moment. That could be reaching out to a friend, stretching your shoulders, or just getting a drink of water.*

