



COVID WELLNESS TIPS



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[HTTP://TINY.CC/CCHSWELLNESS](http://tiny.cc/cchswellness)

WE ARE ALL IN THIS TOGETHER

COPING AND RESILIENCE TOOLS FOR COVID AND BEYOND

We recognize that the pandemic has brought us challenges and we respond in different ways. It is normal to experience mixed feelings and a range of emotions. Coping with the constraints of social distancing, face coverings, quarantines, limits on in-person gathering size, lockdowns, and reopening issues can be overwhelming and may cause strong and difficult emotions. On the other hand, **we also need to remember that collectively, we are resilient human beings. We have forged on and prevailed at different transition points in our lives.** Below are some useful tools which can potentially help us in regulating ourselves, staying connected, and managing our emotions.

The Center For Performing Arts Medicine
WELLNESS PLAYLISTS, Performances, Jazz, Music and Visual Art, Guided Meditations: <https://bit.ly/2OJdXII>, Center for Performing Arts Medicine, Houston Methodist

QUARANTUNES: <https://bit.ly/30D05yX>, Thomas Smith, NME, 04.09.2020. A daily playlist of upbeat songs to help you through self-isolation.



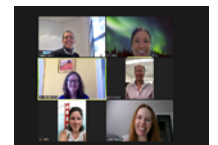
make kindness the norm. **KINDNESS STORIES**, Kindness Starts With One: <https://bit.ly/3jqDUEM>, Random Acts of Kindness Foundation. A collection of kindness stories and at the same time, this site encourages us to share our kindness story.

ANIMAL WEBCAMS: <https://nationalzoo.si.edu/webcams>, Smithsonian's National Zoo & Conservation Biology Institute. Looking at cute animals flood our brains with feel-good chemicals. It gives us warm, fuzzy feelings and our brains tell us "you should nurture this thing."



TED Podcasts: <https://www.ted.com/podcasts> Pindrop, Checking in, WorkLife with Adam Grant

VIRTUAL LISTENING GALLERY, Wednesdays at 12 PM: Click: **Join Microsoft Teams Meeting** or call **925-391-1667; Conference ID: 872 649 67#**. The Gallery is a safe space where participants can pause, reflect, share their thoughts on the weekly topic, and listen to each other. Come join us!



24Go PERSONALIZED FITNESS APP, Over 1,500 Workouts (Free): <https://bit.ly/3jultyT>

#OrangetheoryAtHome 30-minute workout videos to help alleviate stress/elevate your mood. <https://bit.ly/30zjrF5>



WE CARE FOR YOU AND WE THANK YOU. Please send your Bright Spots to CovidWellness@cchealth.org. Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patty Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Jacqueline Mostow, Samir Shah, Alan Siegel, Sonia Sutherland, Arlene Trimble. Note: Thank you to [@AlanSiegel](#) for the Playlists link and [@ManaPirnia](#) for recommending the topics for this issue.