



# Domains of Wellness

## Activities & Links

Last Revised: April 2020

### 1. Mindfulness

#### Activities:

- Breathing with kids
  - [Relaxed Breathing Training, Version B](#)
  - [Rainbow Breath - Flow | GoNoodle](#)
  - [Kids' Meditation - Five Finger Breathing](#)
- Guided meditation
  - “Bring it down” (for kids) [https://www.youtube.com/watch?v=bRkILioT\\_NA&t=34s](https://www.youtube.com/watch?v=bRkILioT_NA&t=34s)
- You can program a mindfulness bell on your computer or smartphone to ring as often as you like, the bell sounds, giving you a chance to stop, breathe and relax.
  - [Home | Plum Village Mobile App](#) (Android/iOS)
  - [MindBell \(Mindfulness Bell & Meditation Timer\)](#) (Android)
- Practice mindful attention when cooking a meal, cleaning, or playing with your child

- Engage in a mindfulness activity with your mental health provider during a phone or video session.

### Additional Resources:

- [We're here for you](#) Headspace
- [Breathe by Dr. Jud](#)
- [Insight Timer - #1 Free Meditation App for Sleep, Relax & More](#)
- [Let's meet this moment together.](#) <br/> CALM - Take care of your mind
- [5 Steps to Living with Uncertainty During Coronavirus](#)
- [Do Not Take a Deep Breath](#) Low and Slow breathing technique
- [Online Events | Attend Virtual Events From Home](#) - Access free events on Mindfulness
- [In the Footsteps of Thich Nhat Hanh Online Summit](#)
- <https://free.healthjourneys.com/> - Daily free meditations for adults and kids
- [Live Events & Streams](#) with the Plum Village Community
- [A Zen Master's tips for staying sane in challenging times](#)
- [Live](#) Daily guided mindfulness sessions with Jon Kabat-Zinn

## 2. Exercise

### Activities:

- Mindful stretching
- [Qigong Full 20-Minute Daily Routine](#)
- Dance Party or Dance-off! [Our Resources](#) (Hip Hop Public Health)
- Yoga - [Yoga With Adriene](#), Yoga on Demand - [Keep Up Your Practice](#), [Frozen | A Cosmic Kids Yoga Adventure!](#)
- [Kids HIIT Workout 2](#)


### Additional Resources:

- [Free workouts from YMCA!](#)
- [FitOn: Posts](#) - Free workout app for Android and Apple
- [Tone It Up](#) - Geared toward women, free to new members for 1 month
- [Down Dog | Great Yoga Anywhere](#) - 5 free workout apps available (includes yoga, yoga for beginners, HIIT, Barre and 7 minute workouts)

## 3. Sleep

### Activities:

- Read a bedtime story

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- Guided meditation for sleep
    - Try this [Kids' Meditation - Butterfly Body Scan for Sleep](#)
    - Or this, [Kids' Meditation - Bulldog Finds his Quiet Place for Sleep](#)
  - List or name 3 things you are grateful for
  - Bedtime journaling: Write down your worries and fears and put them to rest, so that you can get the rest you need
  - Take a warm bath to help you or your child wind down from the day
  - Breathe in some essential oils like lavender or chamomile

#### **Additional Resources:**

- [Calm](#) Sleep Stories
- [Meditation for Sleep](#) Headspace
- [Audiobooks & Original Audio Shows - Get More from Audible](#) - Free 30 day trial. Stories (including bedtime stories) for children
- [Wind Down Yoga - 12 Minute Bedtime Yoga - Yoga With Adriene](#)


## **4. Nutrition**

#### **Helpful tips on *what* to eat:**

- Stay hydrated by drinking plenty of water
- Eat your fruits and veggies! If you're unable to find fresh produce, opt for frozen.
- Eat healthy fats like olive oil, avocado, nuts & seeds
- Serve healthy protein
- Offer whole grains
- Incorporate herbs and spices like garlic, turmeric, and ginger to lower inflammation and help boost your immune system!

#### **Helpful tips on *how* to eat:**

It's not only important to consider 'what' you eat, but also 'how' you eat. Given the current circumstances you may be finding it more difficult to access healthier foods, and that's okay. Here are some helpful tips for 'how' to eat, that will support healthy digestion no matter what you eat.

- Cook together and eat together
  - Engage in 1-2 minutes of breathing, prayer, or expressing gratitude before you eat your meal. This can help lower stress and allow you to properly digest your food, avoiding any stomachaches or heartburn.
  - [SMARt Kids Practice Mindful Eating | Atrius Health](#)
  - If you have digestive challenges, consider drinking water before and after your meal, not during.
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### Additional Resources:

- [Nutrition & School Meals](#): Free meals for school aged children during school closure
- [Grocery Stores Respond to Coronavirus Crisis With Seniors-Only Shopping Hours](#) : List of local grocery stores offering special hours for seniors, pregnant women, and those who are immunocompromised.

## 5. Healthy Relationships

### Activities for the family:

- Work on a puzzle together
- Arts & crafts
- Dance party!
- Board games and card games
- Play video games together
- Stay virtually connected with friends/family via phone calls, video chats, and social media
- Schedule quiet time
- Try these easy art crafts and science experiments with [TheDadLab](#)
- Attend a virtual concert - [Coldplay, John Legend, Keith Urban and more turn to informal live-streamed concerts for their social distancing fans](#)
- Visit a museum - [Collections](#)
- Read a book or listen to an audio book
  - [Libby, by OverDrive - an app for library ebooks and audiobooks](#) - Download the app and connect your library card
  - [Kanopy - Stream Classic Cinema, Indie Film and Top Documentaries](#) - Download the app and connect your library card
  - [Audiobooks & Original Audio Shows - Get More from Audible](#) - Free 30 day trial

### Additional Resources:

- [Caring for Each Other](#) with Sesame Street
- [National Geographic Kids](#)
- [Highlights Kids](#)
- [A Big List of Podcasts for Little Kids](#)
- [Math Games | Math Playground | Fun for Kids](#)
- [Funbrain: Games, Videos, and Books for Kids](#)
- [40+ Best Indoor Activities from Busy Toddler](#)
- [Bringing Hogwarts to You](#)
- [Fun Activities for Teens from](#)
- [Indoor Activities for Kids from 30daysblog](#)
- [Indoor Preschool Activities from](#)



## 6. Mental Health

### Helpful tips:

- Reach out to your mental health provider via phone, text, or video chat. If you do not currently have a mental health provider and are interested in beginning therapy, you can search for therapists online at: [Psychology Today](#) .
- Given this difficult time, remember to practice compassion, especially self-compassion.
  - [Self-Compassion Exercises by Dr. Kristin Neff](#)
  - [How to be a Friend to Yourself](#)
  - [Sylvia Boorstein's Lovingkindness Meditation](#)

### Additional resources:

- [Keeping Your Distance to Stay Safe](#)
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)
- [Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
- [Listen, Protect, and Connect: Family to Family, Neighbor to Neighbor](#)
- Talklines:
  - SAMHSA Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUS to 66746
  - American Psychological Association toll free number for state or local referral services: 1-800-964-2000
  - National Suicide Prevention Lifeline: 800-273-8255

## 7. Nature

### Activities:

- Take a virtual tour of National Parks like Yosemite and Yellowstone
  - [Virtual Yosemite: Home page](#)
  - [Virtual Tours - Yellowstone](#)
- Visit the zoo!
  - [Live cams](#) - Tune into the Monterey Bay Aquarium's
  - [Beluga Webcam](#)
  - [Live Cams](#) - San Diego Zoo
- Bring nature indoors!
  - [Grow Your Own Plants! - #sciencegoals](#)

