

These unusual times may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Below is a list of resources put together to help promote self-awareness and self-management during your time in quarantine. Please know whatever you may be feeling is completely normal.

1. [Calm](#) - Downloadable App that can help manage anxiety or sleeplessness
2. [Mood Meter](#) - Downloadable App that can help develop greater self-awareness of your emotions
3. [Headspace](#) - Downloadable App with guided meditations, sleep, and movement exercises.
4. Walk around the block and get fresh air
5. Check-in with a loved one or senior citizen who may need a hand
6. Organize a chatroom with students from the same class to keep current with learning
7. Take breaks from reading, watching, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
8. Connect with others (you can use: Google Hangouts, Facetime, Zoom, Skype).
9. Journal - write down what emotions you are experiencing.
10. Swap book suggestions with a friend and then find it on the [Libby app](#) for download
11. Have a "Chopped" competition for dinner
12. Create a routine - Shower, change out of your pajamas, and create a list of things you want to accomplish for that day.
13. Focus on Facts - Focus on the facts and consult reliable and up-to-date sources of information such as the [Center for Disease Control website](#) and your local news source for updates on closings, procedures, and guidelines.
14. Avoid Alcohol and Drugs - Contrary to what many believe, alcohol and drugs can increase anxiety and increase dependency, leaving you more susceptible to stress.
15. [Truity](#) - free enneagram personality test to learn more about yourself
16. [Duolingo](#) - Downloadable App to help you stay up on your language skills, or help you learn a new language.
17. [Virtual Tours](#) - Take a tour of historic places (San Diego Zoo, Yosemite National Park, Great Wall of China, Sistine Chapel, and more).
18. [Free Books](#) - Listen to a free book from Audible.
19. [Lessons for SEL](#) - This youtube channel is providing free 6 minute videos every day in regards to social emotional learning
20. Do a free workout or Yoga at home!
 - a. [Core Power Free Videos](#)
 - b. [Orange Theory Fitness](#)
 - c. [Other Free Workouts](#)
21. [E-Series Challenge - Books, Films, and TV Series for cultural perspectives](#)
22. Learn a new 'adulting skill' from Lake Park staff members - [Adulting 101](#)

23. Resources from NAMI

- a. NAMI hosts online communities where people exchange support and encouragement. These Discussion Groups can easily be joined by visiting www.nami.org.
- b. 7 Cups: www.7cups.com § Free **online text chat** with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.
- c. Emotions Anonymous: www.emotionsanonymous.org § An international fellowship of people who desire to have a better sense of emotional well-being. EA members have **in person** and **online weekly meetings** available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy.
- d. Support Group Central: www.supportgroupscentral.com § Offers **virtual support groups** on numerous mental health conditions - free or low-cost. Website also offered in Spanish.
- e. TheTribe Wellness Community: www.support.therapytribe.com § Free, **online peer support groups** offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.
- f. SupportGroups.com: <https://online.supportgroups.com/> § Website featuring 200+ **online support groups**.
- g. For Like Minds: www.forlikeminds.com § **Online mental health support network** that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.
- h. 18percent: www.18percent.org § Offers a free, peer-to-peer **online support community** for those struggling with a wide range of mental health issues.