

Coronavirus Resources - Free for all

About me - I am here to support free online emotional support because people matter and I want to use my skills to support those in need. I am a relationship & sexuality counselor with 11 years of experience. I have a doctorate in human sexuality and masters in counseling www.eroscoaching.com/profile.

[Free Coronavirus Emotional Support Group Singapore](#)

All through Singapore Association of Counselors

<http://sacsingapore.org/covid-19-resources/tools-for-members/>

[Social Distance Game](#)

Look for [Quarantine Buddy](#)

News

[W.H.O. Mental Health and Psychosocial Considerations During COVID-19 Outbreak Australia - Coronavirus resources government](#)

[Medium Coronavirus News](#)

Singapore Specific

1. <https://sgunited.city/>
2. SG Govt links: <https://linktr.ee/covid19sg>
3. Community compilations: <https://linktr.ee/covid19sghelp>
4. Free 3 months digital subscription to SPH magazines
<https://complimentary.mynewsstand.online/sphmloveu/>
5. Subsidies for schoolchildren to get desktops/laptops and broadband. Pass it on to whoever might benefit. <https://www.imda.gov.sg/programme-listing/neu-pc-plus>
6. [Freelancers rally online after taking hit from COVID-19 outbreak](#)
7. [I Lost My Gig – Singapore](#)
8. [Virtual hangout Buro.sg](#)
9. [Support local F&B](#)
10. [Community online counseling](#)

COVID-19: ONLINE GROCERY SHOPPING

Here is a list of online platforms for grocery shopping for us to consider. This list is not exhaustive and whilst I have not personally tried out all the options listed, these include some platforms tried or listed by other sources. Do exercise your discretion in the use of these platforms.

Let us all be vigilant and help look out for one another. Together, we can overcome this unprecedented adversity! Stay safe, stay healthy.

ONLINE GROCERY SHOPPING

1. Fresh Produce:
2. www.songfish.com.sg
3. www.tankfullyfresh.com
4. www.marketfresh.com.sg
5. www.purelyfresh.com.sg
6. www.apollomarine.com.sg
7. www.quanfaorganic.com.sg
8. www.organicdelivery.sg

Premium or Specialised Groceries:

1. www.ryansgrocery.com
2. www.yulicious.sg (call / email)
3. www.thefarmersmarket.com.sg
4. www.sashasfinefoods.com
5. www.bestorganicfood.sg
6. www.thefishwives.com
7. www.hubers.com.sg
8. www.natures-glory.com
9. www.phdeli.sg
10. www.sgorganic.sg
11. www.littlefarms.com
12. www.greencircle.com.sg
13. www.yayapapaya.com.sg
14. www.sgdeliandgrocer.com.sg

Groceries:

1. www.fairprice.com.sg
2. www.coldstorage.com.sg
3. www.shengsiong.com.sg
4. www.giant.sg
5. www.amazon.sg
6. www.redmart.lazada.sg
7. www.sgfoodmart.com
8. www.eamart.com
9. www.qoo10.sg
10. www.shopee.sg
11. www.opentaste.sg

Halal Groceries:

1. www.mynikmart.sg
2. www.adamhalal.sg

3. www.csfoods.sg
4. www.haomart.com.sg
5. www.sgfoodmart.com

Handy for Kitchen and Home:

1. www.foodwrapz.com
2. www.pantrypursuits.com
3. www.allrubbermaid.com

Working from home

1. [All the resources you need to effectively work from home during a lockdown](#)
2. For those who are new to working from home, some top tips - <https://twitter.com/WritesFiona/status/1239012689197690880>
3. More working from home tips - <https://au.work180.co/blog/working-remotely-and-how>
4. Rescue Time - for your pc, if you are working from home. It monitors the time you spend on non useful websites vs time spent working. - <https://www.rescuetime.com/>
5. Habitica - this is an app that encourage habits making. You have a little avatar and it can level up based on repeating specific habits (ex. exercise every day, take medications, take a walk etc.) - <https://habitica.com/static/home>

Keep Calm

1. [Talkspace Coronavirus Resource Hub](#)
2. [44 Self-Care Activities That Will Actually Help Make Your Life Better](#)
3. [Releasing statements](#)
4. <http://brahmcentre.com/guided-meditation-audio/> for English guided mindfulness audio
5. [Chinese mindfulness audio tracks](#)
6. [7 meditation and mindfulness apps with free tools for coronavirus anxiety](#)
7. [50 Ways to Avoid Going Stir-Crazy While Social Distancing](#)
8. [Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty](#)
9. [Breathwork Summit](#)
10. [Your Coronavirus Work-From-Home Wellness Plan](#)
11. [Creating a Home Retreat: Finding Freedom Wherever You Are](#)
12. [8 Soothing Social Media Accounts to Help Keep You Sane](#)
13. [100 things to do while stuck inside due to a pandemic](#)
14. [88 Ways to Not Freak the F*ck Out During Isolation](#)
15. [CrisistextLine - https://www.crisistextline.org/referrals](https://www.crisistextline.org/referrals)

Just laugh

1. [Do Re Mi](#)

2. [Corona Yoga from Australia](#)
3. [Comics for Good](#)
4. [Family Lockdown Les Miserables](#)
5. [Cardi B Coronavirus Song](#)
6. [28 of the saddest food items no one wants to buy even while shopping for a pandemic](#)
7. [The 20 Funniest Tweets From Women This Week \(March 14-20\)](#)
8. [Funny Tweets About What It's Like To Suddenly Work From Home](#)
9. [The world's most boring television... and why it's hilariously addictive](#)
10. [18+ Things That Don't Even Faze Us Anymore](#)
11. [31 Celebrity Tweets About Coronavirus That Actually Made Me Laugh](#)

MENTAL HEALTH APPS:

1. Calm App – meditation, breath work, sleep - <https://www.calm.com/>
2. Insight Timer App – meditation, breath work - <https://insighttimer.com/>
3. Stop, Breathe & Think App – as above - <https://www.stopbreathethink.com/>
4. Smiling Mind App – as above - <https://www.smilingmind.com.au/>
5. Headspace - free covid19 mental health existence <https://www.headspace.com/covid-19>
6. Ten Percent Happier - <https://www.tenpercent.com/>
7. Grounding Techniques. When we are ungrounded - no matter where on the spectrum of severity - we are immediately more vulnerable to flashbacks; intrusive images, thoughts and sounds; self-harm urges; switching (DID); and many other destabilising symptoms. Being ungrounded can also even create the illusion of safety and protection, when in reality it's when we are at our most vulnerable and unable to judge who and what is safe around us. <https://www.beautyafterbruises.org/blog/grounding101>
8. Distraction Techniques. One thing to keep in mind when using distraction is that it's not a long-term solution. Relying on it too heavily - or in place of other therapeutic tools - can actually lead to "stuffing", avoidance, and increasing the dissociation of what's causing you distress. This only makes it more likely to revisit you intrusively or when you're least prepared. But, when you're really struggling in the short-term, switching gears and doing something completely unrelated can give you the footing you need. <https://www.beautyafterbruises.org/blog/distraction101>
9. Self Care Techniques. Obviously we will only be able to do those that fit with self isolation <https://www.beautyafterbruises.org/blog/selfcare>
10. Free Mindfulness Project - <http://www.freemindfulness.org/>
11. BBC - Coronavirus: How to protect your mental health <https://www.bbc.com/news/health-51873799>

12. Talking to your parents about Coronavirus -
<https://threadreaderapp.com/thread/1238959119165534208.html>

Exercise

1. [5 Youtube Channels That Will Help You Keep Fit And Healthy](#)
2. [Resources to stay physically and mentally healthy](#)
3. [Free Yoga Classes](#)
4. [At home gym apps](#)
5. Yoga at Home – Yoga with Adriene <https://www.youtube.com/user/yogawithadriene>
6. Yoga for Uncertain Times - <https://www.youtube.com/playlist...>
7. Unlimited online yoga - <https://glo.com/>
8. Down Dog/Yoga for Beginners/HIIT/Barre/7 Minute Workout - For anyone who wants to practice at home, we are making all of our apps - Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - completely free until April 1st. -
<https://www.downdogapp.com/>

Food

1. [Online Cooking Classes](#)
2. [Immunity Boosting Meal Plans](#)
3. [Immunity Booster Drink](#)
4. [8 Science-Backed Ways to Boost Your Immune System, According to Experts](#)

Online learning resources for you

1. Online courses <https://learndigital.withgoogle.com/digitalgarage/courses>
2. [A list of free, online, boredom-busting resources! by Chatter Pack](#)
3. [Greater Good's Guide to Well-Being During Coronavirus](#)
4. [Yale Course- The Science of Well-Being](#)
5. [Free Ivy League Courses](#)
6. Free ebooks/audiobooks - <http://www.gutenberg.org/> & <https://www.hathitrust.org/>
7. [National Emergency Books](#)
8. [Free resources - Hay House](#)
9. [Free courses by Learn with Gratitude](#)
10. [Audible just made hundreds of titles completely free to help during coronavirus crisis](#)
11. [Qigong - Immunity Boost](#)
12. [NASA Makes Their Entire Media Library Publicly Accessible and Copyright Free](#)
13. [Open-Access JSTOR Materials Accessible to the Public](#)
14. [Travel without leaving home by Expatliving](#)
15. [13 ways to travel without leaving home, from virtual tours to opera streams](#)
16. [12 Famous Museums Offer Virtual Tours You Can Take on Your Couch \(Video\)](#)
17. <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

For parents

1. [Homeschooling by Expatliving.sg](#)
2. [Outschool - classes online](#)
3. [Amaze Coloring Book](#)
4. [Archive of 6,000 Historical Children's Books. All Digitized and Free to Read Online](#)
5. [Kids Shows on Amazon](#)
6. [TIME for Kids](#)
7. [Cincinnati Zoo starts 'Home Safari Facebook Live' to keep kids learning during their time off](#)
8. [Disney, Kennedy Space Center offering free online activities for kids during school closures](#)
9. [Kids Yoga videos](#)
10. [Scholastic offering free courses for kids at home during coronavirus closures](#)
11. <https://chatterpack.net/blogs/blog/resources-list-for-home-learning>
12. [Here's the Entire List of Education Companies Offering Free Subscriptions Due To School Closings](#)
13. [Get the Help You Need for At-Home Learning](#)
14. [Lessons and Ideas: Thousands of grab-and-go lesson plans, unit plans, discussion guides, extension activities, and other teaching ideas](#)
15. [20+ \(Mostly FREE\) Online Learning Resources, Apps, and Games for Kids](#)

Arts & Culture

1. [Live concerts](#)
2. [Google Arts & Culture](#)
3. [10 University Art Classes You Can Take for Free Online](#)
4. [Adobe gives students free home Creative Cloud access – here's how to get it](#)
5. [How to Watch Theater Around The World from Your Home](#)
6. [Free Virtual Tours of World Museums, Educational Sites & Galleries For Children](#)
7. [Download Free Coloring Books from 113 Museums](#)
8. [Virtually Tour 500+ Museums & Galleries While Self-Isolating](#)
9. [More art ones](#)

Volunteer Online

<https://www.dosomething.org/us/articles/9-places-to-volunteer-online-and-make-a-real-impact>