



A Note from SCM Wellness...

The past couple of weeks have been some of the most challenging of our lives and we hope that you are taking extra good care of yourselves. SCM Wellness has compiled a list of free, trial and low-cost resources, apps, articles, webinars, blog posts, and other valuable content that can be shared and used by everyone. It is our hope that these resources will help to keep you happy and healthy, and focused on overall personal well-being. Resource links are below by category. Enjoy!!!

Family

- Watch Your Favorite Zoo Animals in Real Time! [San Diego Zoo Cams!](#)
- [Kelp Cam!](#) Soothing sounds and images from the Monterey Bay Aquarium
- [Mothers' Day Crafts for Kids](#)
- Feel-good news around the globe! [Watch John Krasinski's "Some Good News"](#) for an instant mood lift!
- 10 Financial Tips for Surviving COVID19 [10 Financial Tips for Surviving COVID19](#)

Food

- Recipe of the Week: [Easy Chocolate & Strawberry Overnight Oats!](#)

Fun

- [Stay-at-Home Date Night Ideas](#)
- [Bowers Museum at Home: Digital Exhibit Access & Kidseum](#) (50 Years of Disney Digital Guide)
- [Try Tai Chi!](#) Like 'meditation in motion' with many heart and health benefits!
- [Beyond Normal Podcast:](#) Experts in mind, body, finances and family help create our 'new normal'.
- Miss your co-workers? This tool recreates all those [annoying office sounds](#). Try it out!

Other Stuff That Doesn't Start with an "F"

- Donate: Support the hard-hit restaurant industry! [10 relief funds to support restaurants and workers](#)
- [Want to be happy? Be grateful.](#) Check out this TEDTalk
- Article: [How to Stop Procrastinating & Time Management Tips](#)
- Podcast: [How to be Productive & Focused During Quarantine](#)
- Article: [The Kindness Kickback: How Being Kind Benefits YOU](#)

Stay healthy, stay home, and be well!!!

