



A Note from SCM Wellness....

SCM Wellness has compiled a list of free and trial resources, apps, articles, 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!!!

Mental & Emotional Health

- Mental Health America: [Webinar Recording](#) - Peer, Friend And Self Support In The COVID-19 Crisis
- Nat'l Alliance on Mental Illness (NAMI): [Education & Resources](#)
- PsychHub: [Mental Health Resource Hub](#)
- Support Groups - Online Guide from DailyStrength.Org [My Daily Strength](#)
- Article: [How to Cope with Quarantine](#)
- Article: [Kindness Kickback: How Being Kind Benefits YOU](#)
- Article: [Positive Psychology Strategies for Keeping Stress at Bay](#)
- Article: [How to Stay Mentally Strong During These Times](#)
- Article: [Positive Stress Management Techniques](#)
- [CA Surgeon General's Guide to Stress Busting During COVID19](#)
- Podcast: Subscribe to '[The Happiness Lab](#)' with Yale professor Dr. Laurie Santos
 - Episode: [How to Beat Loneliness & Isolation](#)
 - Episode: [Rising to Challenging Times](#)
- [Ten Percent Happier](#) offers a FREE live daily meditation. Check out their [Coronavirus Sanity Guide](#).
- [UC San Diego's Center for Mindfulness](#) FREE streaming meditations
- [Headspace](#) has created meditations to support rest, relaxation, sleep and mental health. Many free!
- [Calm](#) has a list of free meditations specifically targeted for feelings of anxiety.
- [HealBright](#) is offering a free course on mental health.
- [Journey Meditation](#) is offering free online live meditation sessions.
- BJ Fogg released a special edition of [Tiny Habits](#) for Coronavirus.

****Hotlines: If you're experiencing high levels of stress, anxiety or depression, please reach out for support. Crisis Text Line: Text 741741 ~ National Suicide Prevention Lifeline: 1-800-273-8255***

Fitness

- [Try Tai Chi!](#) Like 'meditation in motion' with many heart and health benefits!
- Article: [Best Ways to Exercise at Home](#)
- [CorePower yoga](#) FREE on-demand yoga classes
- [CrossFit](#) Free at-home workout videos, including single exercises and drills
- [Fitness Blender](#) has tons of videos from beginner to advanced to get/keep us fit
- [Equinox](#) FREE Meditation Videos on YouTube
- [FitOn app](#) A variety of free virtual fitness classes, including expert advice and classes for kids
- [Orange Theory](#) Free daily 30-min fitness videos
- [Peloton](#) Try the App at home, now free for 90 days
- [Planet Fitness](#) is offering streaming of their classes on Facebook
- [The Bar Method](#) Online barre classes with a 14-day free trial
- [Tone It Up](#) Free daily online workouts with a free app trial
- [YogaWorks](#) Online yoga classes with a 14-day free trial



Nutrition

- Recipe of the Week: [Easy Chocolate & Strawberry Overnight Oats!](#)
- [Food Network's 50 Most Popular Healthy Recipes](#)
- Cooking with ingredients you have on hand: [No recipe? No problem!](#)
- Try a food delivery service such as [Imperfect Produce](#).
- Meal kits offer great discounts/free meals for new customers. Try: [HelloFresh](#), [Home Chef](#), [Blue Apron](#).
- [GrubHub](#) and [Postmates](#) have created community relief funds to support local food businesses.
- [Cook with What You Have](#) is offering a free month of access to their recipes to cook nutritious meals.
- [Platejoy](#) is giving 1 month free to their personalized meal planning platform.

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](#)

Fun

- [Stay-at-Home Date Night Ideas](#)
- Bowers Museum at Home: [Digital Exhibit Access & Kidseum](#) (50 Years of Disney Digital Guide)
- [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!!!