

## ONLINE SUPPORT GROUPS

### InTheRooms.com

Support meetings for any type of recovery (addiction, eating disorders, codependency, family, alcoholism, etc.)

### SheRecovers.com

General "recovery" support groups

### Turn2Me.com

General support meetings for anyone to join

### NextLevelRecoveryAssociates.com

## ONLINE RELIGIOUS & SPIRITUAL RESOURCES

### Baptist:

TBC.org  
Southern.TheChurchOnline.com

### Catholic:

TheSundayMass.org  
HeartOfTheNation.org

### Jewish:

TBEBOca.org

### Lutheran:

Hope2All.org  
Twinspires.org

### Non-Denominational:

GoJourneyChurch.com  
CalvaryFTL.org

### Protestant:

FirstProtestant.com

## FITNESS

### Peloton.com

Offering all classes free for 90 days

### YouTube.com/playlist?list=PLCFB1EDF24798F84E

Fitness Blender YouTube is offering more than 300 free at-home workouts

### Workouts App

### TracyAnderson.vhx.tv

Tracy Anderson Method is offering 14 days of free at-home workouts

## PHYSICAL ACTIVITIES

- Yoga
- Walk or run
- Dance
- Stretch
- Bike ride
- Nap

## MEDITATION SMARTPHONE APPS

Insight Timer

Headspace

Breath

Enlyte

## MEDITATION ONLINE RESOURCES

PositivePsychology.com/  
Meditation-Exercises-Activities

Mindful.org/Category/Covid-Resources

TaraBrach.com/Guided-Meditations

# Open for Inspiration

## COVID-19 Resources for Respite



# PALM BEACH HEALTH NETWORK

DELRAY MEDICAL CENTER | GOOD SAMARITAN MEDICAL CENTER  
PALM BEACH CHILDREN'S HOSPITAL | PALM BEACH GARDENS MEDICAL CENTER  
ST. MARY'S MEDICAL CENTER | WEST BOCA MEDICAL CENTER

# Self Care

## SENSORY

When you feel stressed and need a calm mind, try focusing on the sensations around you — sights, smells, sounds, tastes, touch. This will help you focus on the present moment, giving you a break from your worries.

- Breathe in fresh air
- Snuggle under a cozy blanket
- Listen to running water
- Sit outdoors by a fire pit, watching the flames and listening to the night sounds
- Take a hot shower or a warm bath
- Cuddle with a pet
- Pay attention to your breathing
- Burn a scented candle
- Wiggle your bare feet in overgrown grass
- Stare up at the sky
- Lie down where the afternoon sun streams in a window
- Listen to music



## LEARNING

Distracting yourself by learning a new skill or discovering a new topic will help to take your mind off of your stress. If you find the subject interesting, talking about it with friends and family will help you to remember it and expand your knowledge.

- RosettaStone.com (offering three months free)
- udemy.com
- MasterClass.com
- YouTube.com
- LinkedIn.com/Learning
- Coursera.org

## SPIRITUAL

Getting in touch with your values — what really matters — is a sure way to cope with stress and foster a calm mind. Activities that people define as spiritual are very personal.

- Attend church virtually
- Read poetry or inspiring quotes
- Light a candle
- Meditate
- Write in a journal
- Spend time in nature
- Pray
- List five things you are grateful for

## EMOTIONAL

Dealing with our emotions can be challenging when we're coping with stress. We tend to label emotions as "good" or "bad," but this isn't helpful. Instead:

- Accept your feelings. They're all OK. Really
- Write your feelings down
- Cry when you need to
- Laugh when you can (try laughter yoga)
- Practice self-compassion

## ENJOYMENT

A great way to take care of yourself when you're coping with stress is to engage in a pleasurable activity.

- Take yourself outside to eat
- Be a tourist in your own city virtually
- Go on a drive
- Garden
- Watch a movie
- Make art or do a craft project
- Journal
- Walk your dogs
- Go for a photo walk

## MENTAL MASTERY

Give yourself a boost by doing a task that you've been avoiding or challenge your brain in a new way. This can also boost self-confidence.

- Clean out a junk drawer or a closet
- Take action (one small step) on something you've been avoiding
- Try a new activity
- Drive to a new place
- Make a list
- Try a crossword puzzle or word search
- Read about a new topic

