

# RESOURCES TO STAY PHYSICALLY AND MENTALLY HEALTHY DURING THE CORONAVIRUS PANDEMIC

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<b>YOGA: free online classes</b>	<p><a href="https://sparkyoga.pivotshare.com">https://sparkyoga.pivotshare.com</a></p> <p><a href="http://lakshmilivingarts.org/">http://lakshmilivingarts.org/</a></p> <p><a href="http://www.bluebirdskyyoga.com">http://www.bluebirdskyyoga.com</a></p> <p><a href="https://www.youtube.com/c/YogaHeightsWashingtonDC">https://www.youtube.com/c/YogaHeightsWashingtonDC</a></p> <p><a href="https://www.corepoweryogaondemand.com/keep-up-your-practice">https://www.corepoweryogaondemand.com/keep-up-your-practice</a></p> <p><a href="https://www.facebook.com/angelayogaMTL/">https://www.facebook.com/angelayogaMTL/</a></p> <p><a href="https://www.youtube.com/user/yogawithadriene">https://www.youtube.com/user/yogawithadriene</a></p> <p><a href="https://uttarayogastudio.com">https://uttarayogastudio.com</a> (will be adding online classes in the next few days)</p> <p><a href="https://www.facebook.com/allbeingsyoga/">https://www.facebook.com/allbeingsyoga/</a> (M-F 8-8:30am EST)</p> <p><a href="#">Yoga Room- Brussels</a></p> <p><a href="#">Yoga Loft - Brussels</a></p> <p><a href="https://www.yogaindetroit.com/virtual-sessions">https://www.yogaindetroit.com/virtual-sessions</a> (Sunday 7PM live relaxation yoga. More coming soon.)</p> <p><a href="#">Yoga Adriene</a></p> <p>Simply 30 days of yoga (25 – 30 minute classes each) - <a href="https://www.youtube.com/watch?v=iZBsm-tkhm0&amp;fbclid=IwAR2R3GaGA2cCiMLp4pPkFTfko3cSol_vBCKEqWpzxuwBflzQdhn4Jyan1Cc">https://www.youtube.com/watch?v=iZBsm-tkhm0&amp;fbclid=IwAR2R3GaGA2cCiMLp4pPkFTfko3cSol_vBCKEqWpzxuwBflzQdhn4Jyan1Cc</a></p> <p>Yoga Six (Chicago) - <a href="https://www.yogasix.com/go">https://www.yogasix.com/go</a> (30-days free w/ code: GOY6)</p> <p><a href="http://www.doyogawithme.com">www.doyogawithme.com</a></p> <p><a href="https://saltlakepoweryoga.com/schedule">https://saltlakepoweryoga.com/schedule</a> (free live stream yoga 12-1 and 5:30-6:30 pm mountain time everyday)</p>
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	<p><a href="https://www.mindbodyyogaaustin.com/classes.html">https://www.mindbodyyogaaustin.com/classes.html</a></p> <p><a href="#">Yoga Bunker</a> (free YouTube videos of full-length classes developed by two local teachers in Lexington)</p> <p>PLYOGA  <a href="https://www.youtube.com/playlist?list=PL2eEMDPxQVdD8mrt3Z121WCjv7bdZNEri">https://www.youtube.com/playlist?list=PL2eEMDPxQVdD8mrt3Z121WCjv7bdZNEri</a></p> <p>Body Positive Yoga (7 days of free yoga): <a href="https://bodypositiveyoga.com/7-day-yoga-exploration/">https://bodypositiveyoga.com/7-day-yoga-exploration/</a></p> <p>Joyful Movement (7 day free trial): <a href="https://www.joyn.co/">https://www.joyn.co/</a></p> <p>Yoga with Cassandra: <a href="https://www.youtube.com/user/yogawithkassandra">https://www.youtube.com/user/yogawithkassandra</a></p>
<p><b>Pilates: weekly free workouts</b></p>	<p>Pilatesology  <a href="#">Free At-Home Pilates Workout</a>          (this is for the week of March 16, just search “free” in the search box for the following weeks)</p> <p><a href="#">Milford Pilates Club</a> (Michigan) - free mat classes streaming on Instagram</p> <p>Sydney Cummings YouTube Chanel  <a href="https://www.youtube.com/channel/UCVQJZE_on7It_pEv6tn-jdA">https://www.youtube.com/channel/UCVQJZE_on7It_pEv6tn-jdA</a></p> <p>Blogilates: <a href="https://www.blogilates.com/workout/">https://www.blogilates.com/workout/</a> (mostly pilates, also has several challenges. Currently doing a 14-Day Quarantine Workout Plan [<a href="https://www.blogilates.com/14-day-quarantine-workout-plan/">https://www.blogilates.com/14-day-quarantine-workout-plan/</a>])</p>
<p><b>DANCE : free online classes</b></p>	<p><del>Free live Zumba via ZOOM (all times are PST)</del>  <del><a href="https://zoom.us/join/zoom/register/u5wvc-irpJMtTgLKny_Q_xOIFMwhvPH_w">https://zoom.us/join/zoom/register/u5wvc-irpJMtTgLKny_Q_xOIFMwhvPH_w</a></del>  <del>* Sat. 3/21 at 10AM (with Dawn!) *</del>  <del>Mon. 3/23 at 6PM</del>  <del>Wed. 3/25 at 6PM (Low-Impact)</del>  <del>* Sun. 3/29 at 9AM *</del>  <del>Mon. 3/30 at 6PM</del>  <del>Wed. 4/1 at 6PM (Low-Impact)</del>  <del>Mon. 4/6 at 6PM</del></p> <p>Cli Studios dance classes  <a href="http://www.clistudios.com/keepdancing?fbclid=IwAR3faqxm3YjNalTpuxf9Ta9X2GyapuKKR0-0ozeNRg3WugcBoaJFPQ8yyEw">http://www.clistudios.com/keepdancing?fbclid=IwAR3faqxm3YjNalTpuxf9Ta9X2GyapuKKR0-0ozeNRg3WugcBoaJFPQ8yyEw</a></p> <p>Baby and Teen Ballet/all style classes. New videos will be added weekly:  <a href="https://drive.google.com/open?id=1Sg6Trhp9ZdIp3YUxPOUBnqISzqiljUAP">https://drive.google.com/open?id=1Sg6Trhp9ZdIp3YUxPOUBnqISzqiljUAP</a></p>

	<p>305 Fitness cardio dance classes: <a href="https://www.youtube.com/user/305Fitness">https://www.youtube.com/user/305Fitness</a></p> <p>The Fitness Marshall (hip-hop dance): <a href="https://www.youtube.com/user/TheFitnessMarshall">https://www.youtube.com/user/TheFitnessMarshall</a>  (1 hour playlist of some Fitness Marshall favorites here:  <a href="https://www.youtube.com/playlist?list=PLy0NgfUUAf0510mUnaSXG7MunTYErPBoV">https://www.youtube.com/playlist?list=PLy0NgfUUAf0510mUnaSXG7MunTYErPBoV</a>)</p> <p>Dance Church: <a href="https://go.dancechurch.com/">https://go.dancechurch.com/</a> (free live streaming at certain times - body positive dance space)</p> <p>Mark Kanemura - live stream dance parties at 2pm PST daily on his instagram:  <a href="#">Mark Kanemura (@mkik808)</a></p> <p>Ryan Heffington - live stream dance class 10am PST most days on his instagram:  <a href="#">Ryan Heffington Public (@ryanheffington)</a></p> <p>Gaga dance classes (Tel Aviv originated 'movement language' - gagapeople.com) on Zoom 6x daily: Scroll down to Updates Section for schedule. (free, donation optional)  <a href="https://www.gofundme.com/f/gaga-online-classes">https://www.gofundme.com/f/gaga-online-classes</a></p> <p>Bhangra: <a href="https://www.youtube.com/user/dopungra">https://www.youtube.com/user/dopungra</a></p>
<p><b>VARIOUS FITNESS: free online classes</b></p>	<p>Sally Chang at <a href="#">Evergreen Taichi Academy</a></p> <p><a href="http://www.darebee.com">www.darebee.com</a> - Lots of free exercises and challenges</p> <p><a href="https://www.mcalistertraining.com/online-classes">https://www.mcalistertraining.com/online-classes</a></p> <p><a href="#">Workouts by CrossFit</a></p> <p><a href="#">Free Workout Videos -Fitness Blender</a></p> <p><a href="#">Planet Fitness - Home</a></p> <p><a href="#">POPSUGAR Fitness</a></p> <p>30 minute HIIT workout: <a href="https://youtu.be/IET0g8Q6WcQ">https://youtu.be/IET0g8Q6WcQ</a></p> <p>Les Mills On Demand <a href="https://watch.lesmillsondemand.com/at-home-workouts">https://watch.lesmillsondemand.com/at-home-workouts</a></p> <p>Daily Burn (free for 30 days) <a href="http://www.dailyburn.com">www.dailyburn.com</a></p> <p><a href="#">Walk at Home with Leslie Sansone</a></p> <p>Obé Fitness <a href="http://www.obefitness.com">www.obefitness.com</a> – 1 month free online fitness classes with code ATHOME</p>

	<p><a href="#">NETFLEX</a> (netflix of fitness videos)</p> <p><a href="#">Orange Theory Fitness</a></p> <p>Y360 free classes courtesy of YMCA <a href="https://youtu.be/i009qFCUxIk">https://youtu.be/i009qFCUxIk</a></p> <p><a href="#">Bender Fitness</a> - free home workout videos</p>
<b>EXERCISE APPS</b>	<p>Nike Club App</p> <p>FitOn</p> <p><del>Down Dog (free until April 1)</del></p> <p><a href="https://www.glamour.com/story/best-free-workout-apps">https://www.glamour.com/story/best-free-workout-apps</a></p> <p>Peloton (offering free virtual classes for 90 days)</p> <p>C25K (Couch to 5k)</p> <p>Runkeeper</p> <p>8fit</p> <p>MyFitnessPal</p> <p>Workout</p> <p>Lumosity Mindfulness  <a href="https://apps.apple.com/app/id1380946064?mt=8">https://apps.apple.com/app/id1380946064?mt=8</a>  <a href="https://play.google.com/store/apps/details?id=com.lumoslabs.sense&amp;hl=en_US">https://play.google.com/store/apps/details?id=com.lumoslabs.sense&amp;hl=en_US</a></p>
<b>WELLNESS APPS</b>	<p>Breathe- personal check-ins, mindfulness</p> <p>Dhyan Vimal online meditation:  <a href="https://apps.apple.com/us/app/dhyan-vimal-online-meditation/id1027767208">https://apps.apple.com/us/app/dhyan-vimal-online-meditation/id1027767208</a></p> <p><a href="#">Insight Timer</a> (lots of free meditations, searchable by focus, amount of time, etc)</p> <p><a href="#">Mindshift</a></p> <p>Stop, Breathe, and Think: <a href="https://www.stopbreathethink.com">https://www.stopbreathethink.com</a></p> <p>Jour (journaling app) <a href="https://jour.com">https://jour.com</a></p> <p>Headspace <a href="https://www.headspace.com/covid-19">https://www.headspace.com/covid-19</a></p> <p>Mindfulness Apps: 3 Minute Mindfulness, Calm, Simple Habit</p>

**FREE  
MINDFULNESS  
CLASSES AND  
GUIDED  
MEDITATIONS**

Free guided meditations:

<https://yogaindetroit.com/resources>

Free 8-week course on Mindfulness-Based stress Reduction (MSBR)

<https://palousemindfulness.com>

Free courses (check the “free” box) on mindfulness:

<https://mindfulnessexercises.com/free-online-mindfulness-courses/>

Tara Brach’s Guided Meditations: <https://www.tarabrac.com/guided-meditations/>

Dhyan Vimal online meditation:

<https://apps.apple.com/us/app/dhyan-vimal-online-meditation/id1027767208>

Chopra Center Guided Meditations: <https://chopra.com/articles/in-guided-meditations>

Free Mindfulness Project: <http://www.freemindfulness.org/download>

UCLA Health Guided Meditations (great for beginners)

<http://marc.ucla.edu/body.cfm?id=22>

Meditation Oasis Podcast:

<http://www.meditationoasis.com/podcast/>

Dharma Seed: 1000s of guided meditations and talks: <https://dharmaseed.org/talks/>

The Honest Guys- free meditation, sleep help, relaxing music:

<https://www.youtube.com/user/TheHonestGuys/playlists>

Michael Sealy- positive hypnosis and guided meditations focusing on specific topics:

<https://www.youtube.com/user/MichaelSealey/playlists>

Guided Meditation Spotify Playlist:

<https://open.spotify.com/user/spotify/playlist/37i9dQZF1DWVS1recTqXhf?si=r-GpdVKQSjmAgu0EIIInjEw>

Virtual Meditation, Breath & Creation Sessions (Europe Times)

<https://www.eventbrite.com/o/dhyan-vimal-centre-berlin-22747131056>

<https://mailchi.mp/e22238d98974/dvcentreberlin>

Meditative Stories: <http://podcast.meditativestory.com/p/2>

Self-Compassion Meditations: <https://self-compassion.org/category/exercises/#guided-meditations>

Kaiser’s Guided Meditations: <https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/meditation>

	<p>Chris Germer's Guided Meditations: <a href="https://chrisgermer.com/meditations/">https://chrisgermer.com/meditations/</a></p> <p><a href="https://tuneinmindfulness.com/find-a-class/">https://tuneinmindfulness.com/find-a-class/</a> Free live-streamed guided meditations (mountain time)</p> <p>Omvana meditations: <a href="https://www.omvana.com/">https://www.omvana.com/</a></p>
<p><b>ARTICLES, WORKBOOKS, AND OTHER MENTAL HEALTH RESOURCES</b></p>	<p><a href="#">BBC- Coronavirus: How to protect your mental health</a></p> <p><a href="#">How to meditate during your coronavirus quarantine</a></p> <p><a href="#">Managing Fears and Anxiety around Coronavirus</a></p> <p><a href="#">How to meditate- Tara Brach (for beginners)</a></p> <p><a href="#">Workbook for stress/problem identification/acceptance</a> (relevant for dealing with current pandemic; has general coping strategies for stress)</p> <p><a href="#">Anxiety and Depression Association of America (ADAA) huge list of resources and articles for managing anxiety during the Coronavirus pandemic</a></p> <p><a href="#">CBT Workbook</a> for Anxiety: a step-by-step program. PDF version of the workbook with exercises to help manage anxiety; CBT is widely acknowledged by mental health experts as the best long-term treatment for anxiety.</p> <p><a href="#">Another CBT workbook</a></p> <p><a href="#">3-session workshop on anxiety</a></p> <p><a href="#">Workbook- panic attacks</a></p> <p><a href="#">Workbook of therapeutic assignments for panic attacks</a></p> <p><a href="#">Workbook- distress tolerance</a></p> <p><a href="#">Acceptance-based therapy for anxiety: a 2 day workshop with exercises</a></p> <p><a href="#">Wellness in 8 dimensions- holistic approach to wellness workbook, podcast, webinar</a></p> <p><a href="#">Coping with perfectionism workbook</a></p> <p><a href="#">Overcoming procrastination workbook</a></p>
<p><b>OTHER</b></p>	<p><a href="#">Tons of authors on Amazon are making their books available for free. Click on the "100 top free" tab at the top of the page and find a book to read and help you relax.</a></p> <p><a href="#">Pure Knead Massage How Tos</a></p> <p>Libby app - Free audiobooks + ebooks from your local library (similar to kindle app, but free)</p>

<p><a href="https://www.overdrive.com/apps/libby/">https://www.overdrive.com/apps/libby/</a></p> <p><a href="#">Coloring book for mindfulness/stress relief</a></p> <p><a href="#">Free coloring books from over 100 museums</a></p> <p><a href="#">Wellness journaling</a></p> <p><a href="#">千々口   D   T Y ~ Calming, escapist, semi-interactive Spotify playlist</a></p> <p><a href="https://noises.online/">https://noises.online/</a> - Website that lets you create you own soundscape. Amazing at transporting you to your favorite places.</p> <p>Brit + Co is offering all of their online art/creative classes for free for the month of March. Price appears under class but all are free with code SELFCARE at checkout. <a href="https://classes.brit.co/learn/">https://classes.brit.co/learn/</a></p> <p>Self-Soothing: <a href="https://www.montereybayaquarium.org/animals/live-cams/jelly-cam">https://www.montereybayaquarium.org/animals/live-cams/jelly-cam</a></p>
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**Message from the author:**

*In 2018 I developed a severe anxiety and panic disorder and since learning to manage it have taken an interest in academic body-mind health. I manage my disorder through multiple means—including medication—but daily physical exercise is one of my key coping mechanisms. So, when we got the shelter-in-place order, and realized we were going to be spending an unknown amount of time trapped at home, I started to put together a list for myself of ways to get that exercise and keep my anxiety manageable. I realized quickly that there were tons of options, and decided to expand it into a resource for my students with wellness links. While it certainly doesn't replace practitioner-led therapy, I hoped that it might help with anxiety, stress, and isolation that many are facing or will face in these unpredictable, frightening times.*