

SEATTLE ANXIETY SPECIALISTS

COPING WITH QUARANTINE



SEATTLEANXIETY.COM

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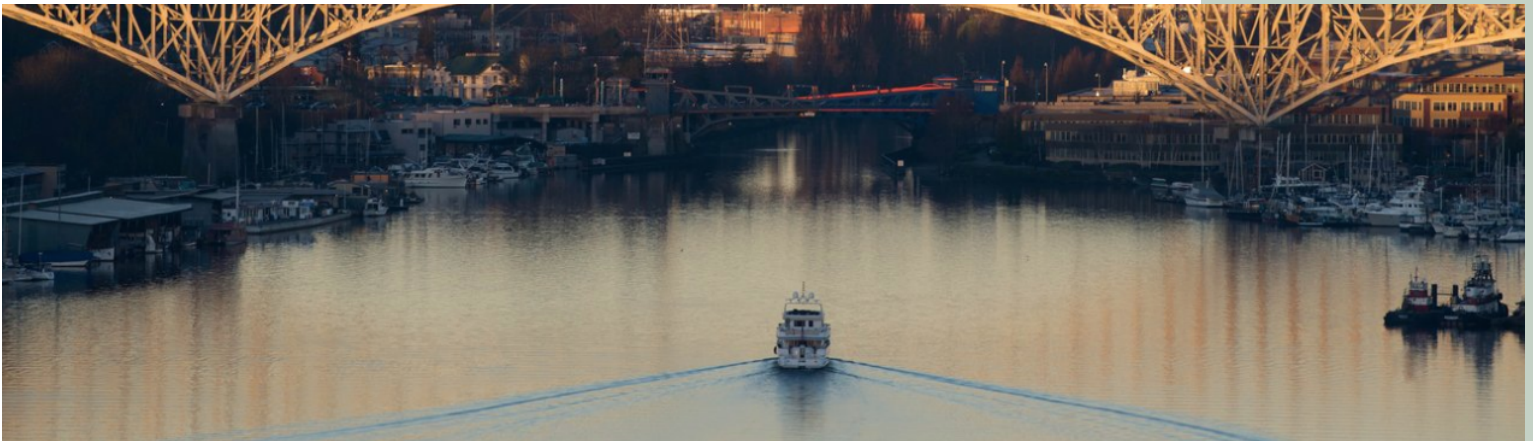
MINDFUL MOVEMENT & MEDITATION

UNWIND

- [Headspace](#) is offering premium subscription to all providers and clinicians.
- [Calm](#)
- [Insight Timer](#)
- [Jelly Fish Meditation](#)
- [Glo yoga](#)
- [UCLA Health](#)
- [UCSD Mindfulness](#)
- [Dr. Nathalie Martinek's COVID-19 guided meditations](#)
- [Ten % Happier Resources](#)

COMMUNITY CONNECTION

- The Gates Foundation lets you pick [your cause](#)
- [Feeding America](#): find a local food bank to support
- [Lifelong](#): help prepare groceries and meals for vulnerable Seattles
- Help deliver meals with [Shopping Angels](#)
- Donate to [Save the Children](#) to ensure kids have access to food while out of school



ENRICHMENT

COURSES, ARTS, & CULTURE

- [Met Opera Online Stream](#)
- Teatro Regio di Parma Launches Verdi [Streaming Festival](#)
- Virtual Museums of [The Louvre](#), [The Smithsonian](#), & [The Met](#)
- [Google Arts & Culture](#)
- [Yale Course: Science of Well Being](#)
- [Skillshare](#)
- [Masterclass](#)
- [Free Audible for Kids](#)

INFORMATION OVERLOAD

TIPS & STRATEGIES

- Pick a few online sources and stick to them (i.e., CDC, or another news sites)
- Limit the frequency of your updates.
- Practice Social Media Self Discipline