

## **THANK YOU, THANK YOU, THANK YOU!**

Every night at 7PM people all over hang out their windows or go out in front of their homes to ring bells, clap or yell their appreciation of our heroic doctors, nurses, police, EMS teams, and maintenance staff who keep our hospitals, public places and transportation clean and safe, nursing home staffs, post office workers as well as all those who keep our food stores and pharmacies open. We are grateful to volunteers who deliver meals to hospital staff or open food banks to feed people in need. We salute our bus, subway and train drivers and conductors who keep our public transportation working and truckers who deliver everything.

We call out and applaud the work of STC groups and especially the unpaid family caregivers who have to carry on without a break.

Last, but not least we send our deepest sympathy to all of you who may have lost a loved one or friend to this pandemic. We honor them.

As we continue to navigate through unprecedented challenges, we are hopeful that every one of us will come through with a greater appreciation for our own families, friends, neighbors and communities.

## **BE KIND...WE NEED EACH OTHER!**

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### **More ideas to get us through the coming weeks, and months and beyond:**

We invite your suggestions to share with others. The following are from two people who have contributed so much to STC over the years:

*In 2009-11 there was a large Canadian STC Campaign in SW Ontario supported by funding from the SW Local Health Integration Network. Eugene Dufour was the Canadian Campaign Coordinator. He and I travelled throughout the area so I could lead STC trainings for local professionals before he took over to run a very successful program.*

### **Advice for Essential Workers and Health Care Workers Dealing with the Fear of Infection.**

**By Eugene Dufour [edufour@tcc.on.ca](mailto:edufour@tcc.on.ca)**

A few years ago, I worked with one of our Canadian Soldiers who came back from Afghanistan. He was a communication and computer specialist and was stationed at the base in Kandahar. He never went past "the wire" and never saw active battle. He never in a million years thought he would be asked to go overseas. He had heard and saw so much suffering

that had taken place in Afghanistan. Without him realizing, as he boarded the plane to go to the place of fear and suffering, his body tightened up and his fight and flight reaction was engaged. It stayed like that for the 10 months that he was based at Kandahar. Our soldier came back with a very serious PTSD.

This is the same kind of pressure that our Health Care and Essential Workers may be feeling

As Health Care and Essential Workers, we need to do the following:

#### **Before Your Shift -**

1. Be aware of the pressure of being in these roles.
2. When you start your shift take a few minutes to connect with the emotion of fear.
3. Do a body scan of where your tensions are in your body.
4. Review your work protocols for being safe and be vigilant to follow them.
5. Say to yourself, I can do this, and I have a team that has my back.

#### **After Your Shift –**

1. Physically prepare yourself to come out of harm's way. Shower and change cloths. As you are showering feel the fear of infection being washed away.
2. Mentally ground yourself. Mentally put all your fears and concerns about working with suffering into your mailbox and put it on some concrete thing like a tree. Make a commitment that you will pick up that stuff tomorrow.....right now I need to be present to myself and my family.
3. Create and practice your own ritual of acknowledging and suspending the fear of infection.

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*One of the first local health professionals I met after starting our STC organization was Fay Radding. Following my first business presentation she offered to help me: from introducing me to Greg Johnson at the NYC Caregiver Coalition; to assisting me with my first STC training at St. Vincent's Hospital; to her STC outreach work; and Fay continues, after all these years, by serving on our Steering Committee. A true STC Angel.*

**Sanity Savers** sent to us by Fay Radding.

The **goal** of the following document is to list anything and everything that will keep us sane and fit. Please add virtual workouts, TV shows, movies, podcasts, etc. that you like. If you would like to share with friends you are more than welcome to.

## Yoga

- Modo Yoga - Classes on [Instagram Live](#), suggested Venmo/PayPal donations
- [CorePower On-Demand](#) is for the time being while their studios are closed
- Lunch time yoga pop-up: [Yoga classes](#):
- [DownDog apps](#) are free the rest of this month - including Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout
- [YogaWorks](#) - Free online yoga!
- [Yoga with Adriene](#) - free YouTube classes; has 30-day yoga journeys as well
- [Alo yoga youtube channel](#)
- [Five Parks Yoga](#) - free youtube videos
- [Boho beautiful youtube channel](#) ( consider supporting them [on patreon](#) )
- Black Swan Yoga-Texas donation based yoga studio. They are doing live streamed classes at designated times: <https://blackswanyoga.com/live-feeds/>
- <https://www.yoga2point0.com/> - Virtual Yoga Strength, Strength/Flow, Flow, etc. Donations **optional** (\$10/class)
- [Moxie yoga](#)-free live online classes with donation
- [Underbelly Yoga](#) with Yessamyn Stanley - great body-positive yoga instructor, lots of modifications available for beginners (14 day free trial)
- <https://www.doyogawithme.com/> Many different styles of yoga at beginner to advanced levels. Lots of free content.
- Cosmic Kids - free yoga for kids, with interactive storytelling <https://www.cosmickids.com/>

## HIIT

- [7-minutes workout app](#) - a great HIIT workout
- HIIT classes from [Jeanette Jenkins on PopSugar](#)
- [Bodweight HIIT workout](#)
- [Fhitting Room On-Demand](#)
- StudioThree - Instagram Live classes at @7:30am, 12:00pm, and 5:30pm CST every day <https://www.instagram.com/studiothreechi/>
- [Fitnessblender.com](#) - not just HIIT, but does have a lot of great HIIT options. Tons of free workouts for every fitness level, and you can sort by duration/intensity/focus area etc. Always free!
- Rumble - [@DoYouRumble](#) - follow this on IG. Starting March 18th, they'll be hosting HIIT classes live where you won't need equipment
- [HIIT At Home Guide.pdf](#) - no equipment necessary!
- Peloton app has a free 90 day trial with 10, 15, 20 minute HIIT classes
- Orangetheory is posting a free, daily workout [here](#).
- <https://fitonapp.com/> - I use the iOS app, it is free and has a ton of high-quality workouts, stretches, weights / cardio...

- [Big Fit Girl App](#) - body-positive fitness classes with Louise Green, 30 day free trial. Sign up via website or app
- [The Bodycoach TV](#) - 20min video fitness - He is also doing some Instagram live
- The sculpt society app - Megan Roup, runs a virtual workout app called the Sculpt Society that is available on iphone, ipad and Apple TV. She focuses on cardio and HIIT that is perfect for working out at home. I think she is offering a 14 day free trial. My wife loves her training videos / live streams. Take a look & stay well Ohana.  
<https://apps.apple.com/us/app/the-sculpt-society-megan-roup/id1481275761>

## **Pilates**

- Solidcore - [15 minute on demand pilates workout](#) ; [20-minute Instagram Live Workouts](#)
- [Pilates streaming workouts](#)
- [Blogilates](#) free youtube workouts
- Melissa Wood Health: 2 week free trial, \$9.99 per month after that; good full body pilates, toning, lengthening, flow series. Variety of length of workouts (10 minutes to an hour)
- Pilates at Home: [LIVE Online Mat Classes](#)
  - 3/17 Tuesday 6am & 9am PST | 3/19 Thursday 730am PST

## **Running**

- [Nike Run Club on the Apple Watch](#) - use to track your running pace
- [Couch to 5K App](#) for those that want to improve on running
- Walk Run with your kids
- [Peloton app](#) - App is currently free for new users for 90 days (they have strength, bootcamps, meditation, yoga, and outdoor walking/running classes - no bike needed!)
- Mile High Run Club - @milehighrunclub - follow this on IG. They are streaming at-home workouts throughout the day, every day, from their running coaches and trainers!
- [Zombies, Run!](#) app to add some excitement to your run

## **Dance**

- [Wollendance.com](#) - Here's a workout from home option for people who like dance classes (hip hop, Zumba, cardio dance, etc.) - You get 14 days free to access the live streaming classes (teacher w/no students from several studios including LaDancefit) and on-demand classes (teacher with students). Past the 14 days you can use manu20 code to get 20% discount
- Dance Church - <https://go.dancechurch.com/>
- [Tiler Peck](#)(NYC Ballet Principal Dancer) is doing live streamed ballet classes M-F 10am PT/1pm ET on Instagram
- <http://steezy.co/> Free dance classes in different styles
- [justdancenow.com](#) Interactive dance game - connect with mobile app and just copy the moves - multi player supported

- [Instagram Live!](#) (@heelsandfeelsuk, @sammileejayne, @raestudiossf, @flydancestudiodublin and more)
- <https://www.youtube.com/user/TheFitnessMarshall> - build your own dance cardio workout playlist
- [Forward Space](#) - Instagram Live Dance workouts everyday at 2:05pm EST, 4 song dance breaks

## **Other**

- [ClassPass virtual workouts](#)—14 days free
- [Peloton app](#) - App is currently free for new users for 90 days (they have strength, bootcamps, meditation, yoga, and outdoor walking/running classes - no bike needed!)
- [Les Mills Classes](#) (lifting, air-boxing, yoga) - Free for 30 Days - [Link to Sign Up Here](#)
  - Some of their classes are also available for free [here](#) (no account needed)
- Tracey Anderson Method - [2 weeks free](#)
- Future.fit app and Shred app
- Beachbody on Demand - Recommend 'The Insanity Series'
- [15 Online Workouts You Can Do At Home, Instead Of At The Gym](#)
- [3 week upper back and shoulder program](#).
- Jump rope (if you have a jump rope)
- [MadFit](#) - great at home workouts; mostly body weight, but some have equipment
- [BodyFit by Amy](#) - at home workouts, both body weight and with dumbbells/kettlebells
- Gerard Iervolino's 3-Week 30-Minute Workout Program with How-To Videos: [Google Sheet](#)
- Aaptiv - offers a variety of structured workouts that can be filtered by equipment and type of workout! You can typically find a promo code for 50% off so it's only \$50 for the entire year
- [Kelsey Letto](#) - free yoga classes, dance classes, workshops (SF Based)
- Ceiling mounted pull up bar to work out the upper body and doing leg lifts on the bar for core work out
- Livestrong - [10 full body workouts, each 35 minutes](#) - no equipment needed
- [12 MinAthlete](#) - good for those who do not have equipment at home
- Follow [@comptrain.co](#) on Instagram for free daily bodyweight workouts
- Nike Training App - tons of free HIIT classes as well as stretching, yoga, cardio..etc
- [8-minute abs](#) -older video but it is a GREAT abs work out,
- [8-minute buns](#) - no equipment needed
- [Strength and HIIT classes](#) - Female Quotient is hosting various 9am PT virtual workouts
- [Tone it Up](#) app is free for the next month
- [Les Mills](#) free at home workouts

## Meditation

- [Calm App](#) - 30 days free
- [Headspace](#)
- [Stop. Breathe. Think](#)
- [YouTube Guided Meditations](#)
- [Camp B-Well Meditations](#) (Salesforce VPN required)
- [Insight Timer app](#) - 35,000 free guided meditations, podcasts, etc (categories: sleep, reiki, anxiety, depression, stress, mindfulness)
- [Liberate](#) - Meditation for People of Color
- [Gratitude App](#) - Free app for logging daily gratitude

## Virtual Experiences/Activities

- [Metropolitan Opera to Offer Up 'Nightly Met Opera Streams'](#)
- [12 Famous Museums Offer Virtual Tours](#)
- [Quarantainment](#)- crowd sourced google doc from [Alexandra Iyer's post on org62](#)
- Virtual Field Trips - [zoos, animal cameras, museums, etc.](#)
- [NPR's list of Virtual Concerts - living document](#)
- Romper took the time to find [Virtual Rides at Disney](#) documented on YouTube and other sources
- [Brit.co/learn](#) - two weeks free with code SELFCARE
- [Netflix Watch Party App](#)
- [Jewish Museum](#)
- [How to watch theater around the world from your home](#)
- [Gucci Osteria's Massimo Bottura Virtual Cooking Classes](#)
- The National Gallery of Art is giving [virtual tours](#)
- Live streamed art exhibitions from [The Social Distancing Festival](#)
- Learn a new language from a native-speaking language teacher: <https://www.verbling.com/>
- Learn a new instrument from a music teacher online: <https://takelessons.com/>

## Podcasts

- [These podcasts can be found in multiple places - 'Google' for the one that suits your computer/phone/tablet](#)

- Wait Wait! Don't Tell Me the NPR News Quiz
- NPR - How I Built This
- This American Life
- Today, Explained
- Science Friday

- The Daily from NYTimes
- Radiolab
- The Slowdown
- On the Media
- Spacepod
- Hidden Brain
- Code Switch
- Invisibilia
- Tara Brach - free guided meditation
- West Cork (audible only)
- Reply all
- Serial
- Dave Ramsey
- RichRoll
- Business Wars
- Code[ish]
- Stuff You Should Know
- Stuff You Missed in History Class
- Getting Curious with JVN
- TED Radio Hour
- Over the Road [Learn about what it's like to be a truck driver - responsible for transporting so much of everything that we buy, touch, eat, ...]
- Ear Hustle
- Point Mystic
- Sandra
- Criminal
- Bad Blood
- Tim Ferriss Show
- Mike Rowe
- Dr. Death
- LadyGang
- The Stacks
- 99% Invisible
- Every Little Thing
- Reply All- dupe
- Feel Better, Live More (with Dr. Rangan Chatterjee - health life-hacks, expert advice that debunk common health myths giving you the tools to revolutionize how you eat, sleep, move and relax.)

- The School of Greatness (Lewis shares inspiring stories from the most brilliant business minds, world class athletes and influential celebrities on the planet to help you find out what makes great people great.)
- The adventure zone
- The dream
- The shrink next door
- My Favorite Murder- True crime Comedy Podcast
- Armchair Expert
- What I Wore When
- You're Dead to Me - BBC radio - "The history podcast for people who don't like history..."
- [NPR Chill music 6 hour playlist - Isle of Calm](#)
- Happier with Gretchen Rubin
- Head In The Game - podcast from CHSR about roleplaying games
- Reply All
- Blackout (Starring Ramy Malek)
- Freakonomics radio
- Up and Vanished (true crime)
- Chips with Everything - digital culture / technology podcast
- The Morning Toast
- School of Greatness
- Aubrey Marcus Podcast
- All of the Critical Role series — podcast and youtube/Twitch archives available
- Acquisitions Incorporated (Dungeons & Dragons game done as a podcast and youtube channel)

### Things for Kids

- [scholastic](#)
- [Cosmic Kids Yoga](#)
- [Monterey Bay Aquarium Sea Cam](#)
- [National Geographic Kids](#)
- [Lunch Doodles](#)
- [SF Public Library](#)
- <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/>
- [30 Educational Netflix Shows](#)
- [Virtual Play Dates - Indy with Kids](#)
- [PS I Made This](#) - Instagram Videos on crafts and DIYs for young kids
- also see [Hivemind: Strategies for working w/ Kids @ Home](#)
- [Save with Stories](#) - Instagram videos of celebrities reading favorite children's books, for when you want to read to your child but really would like someone else to do it...here you go



- [“Virtual Windows on the World”](#) Aquariums, Vistas, and Views from the Ohana Blog
- The Cincinnati Zoo is doing a daily Home Safari session (3pm eastern, ithink) <https://www.youtube.com/user/CincinnatiZooTube>
- [Art for Kids Hub](#) is a great youtube channel for doing art with kids (fun for adults to follow along too)