

## *Control What You Can When Everything is Out of Control - Frozen II*

### MENTAL HEALTH

- ACP Well-being Webinar on March 30th, 2020 [Click here to register](#)

#### **Meditation and Anxiety Reducing Apps**

- Headspace: curated meditation content for the crisis: <https://www.headspace.com/covid-19>
- Calm App: curated meditation content for the crisis - [https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult\\_times\\_nonsubs\\_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720)
- Breathe2Relax <https://apps.apple.com/us/app/breathe2relax/id425720246>
- Mindshift <https://apps.apple.com/us/app/mindshift-cbt-anxiety-canada/id634684825>
- MoodTools <https://apps.apple.com/us/app/mind-tools/id420985422>
- Sleep with Me Podcast <https://www.sleepwithmepodcast.com/>
- Insight timer: <https://insighttimer.com/>

#### **Guided Meditation**

- Breath Meditation for Peace and Insight <https://www.youtube.com/watch?v=VdthiYi5VJo>
- Breath and Loving Kindness Meditation [https://www.youtube.com/watch?v=hjb\\_WsCFho4](https://www.youtube.com/watch?v=hjb_WsCFho4)
- Embracing the Entire World with Loving Kindness <https://www.youtube.com/watch?v=KQsC2syk4VE>
- Guided Loving Kindness Meditation (20 min) <https://www.youtube.com/watch?v=8gN1O75ORY0>
- Guided Loving Kindness (32 min) <https://www.youtube.com/watch?v=7Jb72-QgXOc>

### EXERCISE

#### **Yoga**

- Up Yoga on Spotify: free audio classes and meditations: <https://open.spotify.com/show/7cTx6i45TXkfyVwNz6upll>
- Fitness Blender: anything without the “FB Plus” symbol is free. <https://www.fitnessblender.com/videos>
- Yoga Journal: <https://www.youtube.com/user/YogaJournal/videos>
- Corepower Yoga - <https://www.corepoweryogaondemand.com/keep-up-your-practice/>
- Yoga with Adriene. <https://www.youtube.com/user/yogawithadriene>
- Down dog: Free through April 1. <https://www.downdogapp.com/>

#### **Barre**

- Down dog: Barre classes. Free through April 1. <https://www.downdogapp.com/>
- YMCA 360: [https://www.youtube.com/channel/UCOGt\\_IpceP\\_xQhhCMCrut\\_A/featured](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A/featured)
- Pop Sugar: <https://www.youtube.com/user/popsugartvfit/featured>
- Sweaty Betty: <https://www.sweatybetty.com/us/workout-videos.html>

## HIIT/Interval

- Down dog: HIIT and 7-minute workout. Free through April 1. <https://www.downdogapp.com/>
- YMCA 360: [https://www.youtube.com/channel/UCOGt\\_IpceP\\_xQhhCMCrut\\_A/featured](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A/featured)
- Pop Sugar: <https://www.youtube.com/user/popsugartvfit/featured>
- Fitness Blender: anything without the “FB Plus” symbol is free. <https://www.fitnessblender.com/videos>
- 7-minute workout app: <https://apps.apple.com/us/app/7-minute-workout/id650762525>
- Sweaty Betty: <https://www.sweatybetty.com/us/workout-videos.html>
- Planet Fitness: 20-minute workouts live-streamed every day at 6pmCT <https://www.facebook.com/planetfitness/>

## Dance

- Pop Sugar: <https://www.youtube.com/user/popsugartvfit/featured>
- The Fitness Marshall: <https://www.youtube.com/user/TheFitnessMarshall>
- Dance Fitness with Jessica: <https://www.youtube.com/user/FitnesswithJessica>
- Zumba with MoJo: <https://www.youtube.com/channel/UCADXYROUnd7QxKp4RQRXEIw>
- RedStudio: [https://www.youtube.com/channel/UC-2WWk\\_2TkYzYM2dW8UCcXQ](https://www.youtube.com/channel/UC-2WWk_2TkYzYM2dW8UCcXQ)
- Live Love Party: <https://www.youtube.com/user/livelovepartyTV>
- Sweaty Betty: <https://www.sweatybetty.com/us/workout-videos.html>

## Active older adults

- YMCA 360: [https://www.youtube.com/channel/UCOGt\\_IpceP\\_xQhhCMCrut\\_A/featured](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A/featured)
- Silver Sneakers: <https://www.youtube.com/channel/UCRp-32Yi0KC2YMgHlg6mTag>

## Outdoor

- AllTrails App: <https://www.alltrails.com/>
- TrailLink: <https://www.traillink.com/activity/walking-trails/>
- Hiking Project: <https://www.hikingproject.com/>
- Ride with GPS Bike routes: <https://ridewithgps.com/find>
- Bike Map: <https://www.bikemap.net/>

## Other

- Nike Training Club App <https://www.nike.com/ntc-app> (my favorite!)
- Peloton Free 90 day trial <https://www.onepeloton.com/digital/checkout/digital-90d>
- Fiton <https://fitonapp.com/posts/>

## LIVE STREAM ENTERTAINMENT RESOURCES

- STAY AT HOME FEST- calendar with live music and other artist events
- <https://www.stayathomefest.com/?fbclid=IwAR1gaQLnLI9Qr6dwOq8xsXV1FT-eSZZdUb1OdN4dOpi3gBeBX92kT9Ri-Fs#events>
- Metropolitan Opera- Nightly Opera Streams <https://www.metopera.org>
- Fun inhouse team of nerds hosting live stream <https://www.caveat.nyc>

- Live Stream Improv and Sketch Comedy Shows  
[https://magnettheater.com/calendar/?view=month&utm\\_source=the+skint+daily+email&utm\\_campaign=c0cfb14a26-EMAIL\\_CAMPAIGN\\_2020\\_03\\_19\\_06\\_09&utm\\_medium=email&utm\\_term=0\\_39448ae3bb-c0cfb14a26-158621625](https://magnettheater.com/calendar/?view=month&utm_source=the+skint+daily+email&utm_campaign=c0cfb14a26-EMAIL_CAMPAIGN_2020_03_19_06_09&utm_medium=email&utm_term=0_39448ae3bb-c0cfb14a26-158621625)

## QUICK HEALTHY RECIPES

- Pickuplimes (vegan blogger, dietitian) <https://www.pickuplimes.com/>
- The Chutney Life (Indian fusion blogger) <https://thechutneylife.com/category/recipes/>
- Simply Quinoa (gluten-free blogger) <https://www.youtube.com/user/SimplyQuinoa>
- Smitten Kitten (recipes you can cook in a tiny NYC apartment) <https://smittenkitchen.com/>
- Oh She Glows (celebrate your love for plant based foods) <https://ohsheglows.com>
- Minimalist Baker (recipes requiring 10 ingredients or less, 1 bowl, or 30 minutes or less) <https://minimalistbaker.com/>