

Resource Guide for Self-Care and Building Resilience

Resilience - the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress
 Endurance - the ability or strength to continue or last, especially despite fatigue, stress or other adverse conditions

What is it?	Link	Additional Information
Movement		
CorePower Yoga On Demand	Link	While CorePower Yoga studios are closed, they are offering some free online classes.
Yoga with Adriene	Link	Free yoga videos for all levels and areas of practice.
Gold's Gym	Link	Gold's Gym is offering free access to its app until May 31st and offers at-home live video workouts.
Peloton	Link	Peloton is offering new users a 90-day free trial on its app; content includes biking, running, yoga, and meditation.
Down Dog	Link	Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout app access free for healthcare professionals through July 1st.
Planet Fitness	Link	Planet Fitness is offering "Home Work-Ins" streamed live at 5pm MT daily on Facebook.
EkhartYoga	Link	Offering 12 free online yoga and meditation classes, specifically designed to help relieve stress and anxiety.
Bala Yoga	Link	Seattle-based yoga studio; live streaming classes on Facebook and Instagram.
Citizen Yoga	Link	Cleveland-based yoga studio hosting online classes.
Meditation and Mindfulness		
Headspace Plus	Link	The Headspace app offers short, guided meditations and is providing healthcare professionals free access through 2020.
Calm	Facebook	The Calm app is now live streaming their signature ten-minute meditation Monday through Friday on their Facebook and YouTube pages. They have also created a free resource page with meditations, stories, music, and more to support mental and emotional wellness.
	YouTube	
Open Sky Wilderness Therapy	Link	Certified meditation teacher, Norman Elizondo, guides a 20-minute "embodied mindfulness meditation."
	Resource	
Ten Percent Happier	Link	This meditation app is offering free access for healthcare workers who are not currently subscribed by emailing care@tenpercent.com for instructions.
Mind Oasis	Link	An online meditation community offering over 100 sessions of group meditation each month and the ability to join for free through the month of June.
A Mindful Mess	Link	Offering free 30-minute mindfulness sessions on Zoom and an opportunity for group check-in/discussion. Join Mondays at 11am, Wednesdays at 4am, or Fridays at 7am MT.

Music

Melbourne Symphony Orchestra	Link	Offering live streaming performances online.
The Metropolitan Opera	Link	Each day, a different encore presentation from the company's <i>Live in HD</i> series is being made available for free streaming.
Seattle Symphony	Link	Sharing free broadcasts of performances that "provide strength, comfort and joy." Programming is currently scheduled for March 26th and 28th. You can sign up to receive notifications for additional performances as they are announced.
The Colorado Symphony	Link	The symphony released an online video with 49 of its musicians playing "Ode to Joy" from Beethoven's <i>Symphony No. 9</i> .
The Paris Opera	Link	From March 17th through May 3rd, the Paris Opera is offering ballets and operas to stream from the website for free.
Wigmore Hall	Link	Sharing performances, masterclasses, talks and more from past events until their planned reopening on April 14th.
Live Virtual Concerts	Link	Many musicians are using social and streaming platforms to play live for fans. NPR Music has compiled and categorized a list of audio and video streams with links to streaming platforms (most, but not all, are free). The list is being updated daily.

The Arts

Broadway Shows	Link	Offering 15 plays and musicals to watch on stage on various streaming platforms, such as BroadwayHD, which has a seven-day free trial period.
Denver Film Society	Link	Bringing digital theatrical releases of films planned to open at the Sie Film Center.
Recolor	Link	A coloring app for adults.

Culinary

Online Cooking Classes	Link	Chefs and restaurants offering live streaming and video channels with cooking tutorials, designed specifically for culinary fans who cannot leave home.
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Nature

Nature Live Stream	Link	Forbes article: Connect with nature at home
National Park Service	Link	Nine webcams - one live streaming and eight static - provide views of National Parks. Live streaming of Yellowstone's Old Faithful is available.
Yosemite Conservancy	Link	A live feed of Upper Yosemite Falls. Additional webcams offer views of El Capitan, Half Dome, and High Sierra.

Sport

PBS	Link	PBS has made the 1994 Ken Burns' documentary <i>Baseball</i> available to be streamed for free.
National Hockey League	Link	Full replays of all 2019-20 regular season games will be available to stream in addition to unique content and archived games.
National Basketball Association	Link	Providing all fans with a free preview of NBA League Pass, the league's premium subscription-based product, until April 22nd. This will provide access to full length and condensed replays of games from the 2019-20 season, as well as archived games.
National Football League	Link	NFL Game Pass available for free until May 31st, providing access to full broadcast replays of NFL games from 2009-2019.

Major League Baseball	Link	Watch classic games on YouTube or every game from the 2018-19 season for free.
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Podcasts		
The Happiness Lab	Link	In "The Happiness Lab" podcast, Yale professor Dr. Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will forever alter the way you think about happiness.
Selfie Podcast	Link	Kristen Howerton, writer and psychotherapist, is joined by her longtime pal Roo Powell, self-professed workaholic and self-care luddite, as they tackle the tricky and often elusive aspects of caring for ourselves.
Untangle! Podcast	Link	Hosts Patricia Karpas and Ariel Garten interview authors, experts and thought-leaders in areas related to mindfulness, brain health practices, leadership, life and so much more.
TED Talks	Link	"The Happy Secret to Happy Work" about positivity, brain training, and the happiness advantage.

Mental Wellness		
World Health Organization	Link	Mental Health and Psychosocial Considerations During COVID-19 Outbreak
Care for Your Coronavirus Anxiety	Link	A toolkit from Shine (a self-care community) and Mental Health America addressing feelings of anxiety, isolation, and parenting concerns, among other topics.
CDC: Manage Anxiety & Stress	Link	Information on mental health and coping during COVID-19.
Yale Center for Emotional Intelligence	Link	Webinar: Managing Anxiety Around COVID-19
Harvard Business Review	Link	Article: That Discomfort You're Feeling is Grief
The Beryl Institute	Link	Community Briefings: Join every Friday at 9am MT for an opportunity to connect as a community via Facebook Live during this unique time. Updates will be shared on how healthcare teams globally are addressing the COVID-19 situation and support each other as we remain focused on elevating the human experience in healthcare.
Ten Percent Happier	Link	Coronavirus Sanity Guide - a guide containing links for meditations, podcasts, blog posts, and talks to help build resilience.
Yale University	Link	The science of well being - Yale University Happiness Class
Colorado Public Radio	Link	Article: Health Care Workers' Stress Compounded By Long Days and Concerns About People Not Taking COVID-19 Seriously
COVID well being and emotional support	Link	Information on The Source for UHealth faculty and staff
Family Support	Link	Tips for Protecting your family during COVID-19
COVID Debrief and Support	Link	Private daily debrief and support sessions available

Team Support		
Practicing Excellence: Dr. Stephen Beesc	Link	Short videos "Supporting care team and patients during COVID-19"