

A GUIDE FOR LEARNING AND HEALING

Amidst concerns about COVID-19

Virtual resources, apps, websites, and techniques
for adults, caregivers, and children

CARING FOR YOURSELF

Amidst concerns about COVID-19

CONNECTION

- We need connection now more than ever! Maintain connection with others that are safe by video chat, text, call, and online support. We can challenge the notion of social distancing and practice physical distancing instead. Still practice safe and healthy boundaries in your relationships!
- Connect with yourself by practicing journaling, breathwork, meditation, and activities that bring you joy. Validate your emotional experience with gentleness and non-judgement.

CALM THE NERVOUS SYSTEM

- Many of us may be experiencing a hyper-aroused, or "fight or flight", response (feeling overwhelmed, body tension, irritability, difficulty breathing or sleeping) or a hypo-aroused, or "freeze", response (shutting down, feeling depressed, lethargy, isolating).
- Calm the nervous system by practicing grounding techniques like mindfulness, meditation, breathwork; body movement, stretching, body scan, connecting with others, using Wise Mind, practicing creativity, and practicing firm boundaries with news/media.

CONSISTENCY

- Maintain a consistent schedule of caring for yourself. Develop a routine of eating, body movement, and sleep.
- For example, 10 minutes of deep breathing and stretching every morning at 9 am, 15 minutes of video chat with a friend every day at 1 pm, and 20 minutes of journaling every evening at 8 pm.

GROUNDING STRATEGIES

To help calm our nervous systems

FIVE SENSES

- Get comfortable and notice your breath.
- 5: Notice five things you can see.
- 4: Notice four things you can feel.
- 3: Notice three things you can hear.
- 2: Notice two things you can smell.
- 1: Notice one thing you can taste.

RATIO BREATHING (4:7:8)

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale through your nose for a count of 4 seconds.
- Hold your breath for a count of 7 seconds.
- Exhale completely through your mouth for a count of 8 seconds. This is one breath. Repeat for three more cycles for a total of four breaths.

SAFE/SPECIAL PLACE MEDITATION

- Get comfortable, preferably in a seated or lying position. Connect with your breath.
- Close your eyes and image a safe, special place that brings you comfort, joy and peace.
- Notice the details of this place using your five senses, including texture, colors, sounds, smells, and the way that you feel here.
- Remember: this is your safe and special place, and only you and those you invite here are welcome into it.

VIRTUAL RESOURCES FOR ADULTS

Apps, websites, and activities for learning and healing

BODY MOVEMENT

- Free online yoga for all levels
 - <https://www.doyogawithme.com/>
- “Down Dog” app
 - Guided yoga practice, free until April 1st
- Be Hot Yoga
 - Free, full yoga and meditation classes by downloading the Be Hot (black icon) app

JOURNALING

- Self-love prompt journal
 - https://drive.google.com/file/d/1ND3RdZCi-4H7ka6KtMbI-mgzNEMTKW-_/view?usp=sharing
- Free coloring pages for survivors
 - https://www.ryerson.ca/content/dam/sexual-violence/images/WeBelieve_RU_ColouringBook.pdf
- "I Am" poem template
 - <https://drive.google.com/file/d/1KNdFaGh0bRFP46g0R7QpM47AF3nGSuyq/view?usp=sharing>

GUIDED MEDITATIONS

- Headspace app
 - Offering free meditations during COVID-19
- Insight Timer app
 - Many free options for meditations; searchable by topic and length of time
- Calm app
 - Free options for meditations, soothing music, sleep/bedtime stories, body and breathing exercises

VIRTUAL RESOURCES FOR ADULTS

Apps, websites, and activities for learning and healing

EDUCATIONAL VIDEOS

- Trauma and the Brain
 - <https://www.youtube.com/watch?v=4-tcKYx24aA&t=4s>
- The Brain's Structures, Trauma, and Neuroplasticity
 - https://www.youtube.com/watch?v=ZLF_SEy6sdc&t=7s
- Dealing with Coronavirus Anxiety (COVID-19)
 - <https://www.youtube.com/watch?v=dMOhYAubXG0>
- Window of Tolerance
 - <https://www.youtube.com/watch?v=6nu3iqI8Idc>

VIDEOS ON COPING SKILLS

- 4:7:8 Breathing Exercise
 - https://www.youtube.com/watch?v=YRPh_GaiL8s
- Why Mindfulness is a Superpower
 - <https://www.youtube.com/watch?v=w6T02g5hnT4>
- Wise Mind
 - https://www.youtube.com/watch?v=hv7EIN_f4RA
- Mindfulness and Wise Mind Skill
 - <https://www.youtube.com/watch?v=oytsyvzPHoQ>
- Self-Soothing Using the Five Senses
 - https://www.youtube.com/watch?v=5uIANt2_A8A
- STOP Skill When Emotions are High
 - https://www.youtube.com/watch?v=RV5y_35RvnI
- TIPP Skill When Feeling Overwhelmed
 - <https://www.youtube.com/watch?v=cIXQOb4klUw>
- IMPROVE Skill - Tolerating and Improving the Moment
 - https://www.youtube.com/watch?v=_FpM9ZgkYk4

VIRTUAL RESOURCES FOR CHILDREN

Apps, websites, and activities for learning and healing

- Free yoga, breathing, and dance lessons for kids
 - gonoodle.com
- Online learning activities for children ages 2-8
 - abcmouse.com
 - Offering free membership while schools are closed using code SCHOOL7771
- National Geographic for kids
 - <https://kids.nationalgeographic.com/>
- Art lessons for kids of all ages
 - <https://www.youtube.com/user/ArtforKidsHub>
- Free, fun, interactive yoga for kids
 - <https://www.youtube.com/user/CosmicKidsYoga>
- Free storytelling and illustrations
 - <https://www.youtube.com/user/StorylineOnline/videos>
- Lunch doodles with Mo Willems
 - https://www.youtube.com/playlist?list=PL14hRqd0PELGBKihHuTqx_pbvCLqGbOkF
- Virtual field trips
 - https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic
- 35 activities to do at home
 - <https://www.thissimplebalance.com/activities-for-kids-at-home/>
- Inside activities for high energy kids
 - <https://www.paperheartfamily.com/inside-activities-for>
- Make your own escape room
 - <https://activity-mom.com/2018/05/make-your-own-escape-room/>

VIRTUAL RESOURCES FOR CAREGIVERS

Online resources for supporting your family

- National Child Traumatic Stress Network
 - Support and guidance for coping and caregiving
 - <https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic-resources>
- Help Me Grow
 - Free resources for caregiving and children
 - <https://www.helpmegrowutah.org/your-developing-child/milestones>
- Utah Parent Center
 - Provides support for families and children with disabilities
 - <https://utahparentcenter.org/family-resources-draft/>
- Healthy Relationships Utah
 - Provides free courses for families
 - http://healthyrelationshipsutah.org/class_descriptions/parenting-skills-class-description
- Family Support Center
 - Provides childcare, clinical services and education, and in home programs for families impacted by trauma
 - <https://www.familysupportcenter.org/>
- Uplift Families
 - Provides a variety of parenting resources
 - <https://www.upliffamilies.org/resource>
- United Way
 - Provides a variety of resources for families
 - <https://unitedwaydixie.org/> or call 211
- Care about Childcare
 - Provides childcare resources
 - <https://careaboutchildcare.utah.gov/>