

Ideas & Helpful Links to Stay Centered While Staying Home

Provided by Hoag Family Cancer Institute



Spirituality & Mind

- Daily Gratitude – www.mydomaine.com/gratitude-list
- Practicing daily POSITIVE affirmations – everydaypower.com/positive-affirmations-ready-daily-change-life/
www.lifehack.org/858062/how-to-practice-mindfulness
www.developgoodhabits.com/how-to-practice-mindfulness/
- Meditation apps: Calm, Headspace, Breethe, Relax Melodies, Aura
- Taking a Mindful Approach to COVID-19 – www.youtube.com/watch?v=GV0nghNXs90&feature=youtu.be
- Using Your Breath to Relieve Stress & Anxiety – www.youtube.com/watch?v=sMLTxpObDHU&feature=youtu.be
- YouTube: Guided Imagery, Mindfulness, Meditation
www.youtube.com/watch?v=Y70O2vEP1FE
www.youtube.com/watch?v=CdbzDMSGsyg
- Motivational app: Motivational Quotes
- Mindfulness tool: 5 Senses, Body scan from head to toe, focus on your breath
www.youtube.com/watch?v=7o-oqjiLAOs
www.youtube.com/watch?v=kH-OQn5Ui8g
- Listen to podcasts
- Journal: Write down your thoughts, feelings, goals, experiences
- Social/Connect: Call, text, FaceTime, Skype with friends and family



Exercise & Movement

- Yoga links:
www.youtube.com/user/yogawithadriene
www.youtube.com/watch?v=nFjcUCgQnE4
www.youtube.com/watch?v=RG3p1MYgwwM
www.youtube.com/watch?v=aiRn3z7SbEc
www.youtube.com/watch?v=02lmdLJQL5U
www.youtube.com/watch?v=sF0berGrIho
- Hoag Wellness Classes (Each Weekday) – www.youtube.com/user/HoagHealth/videos?view=2&flow=grid
- Deep breathing: 4 - 7 - 8 (Inhale 4, hold 7, exhale 8) – www.medicalnewstoday.com/articles/324417
- Movement & Mindfulness for kids – www.gonoodle.com
- Other Exercise Ideas: walking, stretching and using light weights (can substitute with holding canned goods)



Art

- DIY projects
www.arworkshop.com/diytogo/
<https://diyjoy.com/fun-diy-ideas-adults/>
https://ohjoy.blogs.com/my_weblog/make-it/
www.papernstitchblog.com
www.creatingreallyawesomefunthings.com/c-r-a-f-t-s/
www.studiovintagerental.com
- Kid Art
www.youtube.com/watch?v=xSsdnC896pU
<https://mudhenclayandart.com>
www.patreon.com/timree



Entertainment

- Laugh: Watch stand-up comedy specials, shows, movies on Netflix, Hulu, On Demand with your cable provider
- Virtual tours of famous museums around the world –
www.southernliving.com/syndication/museums-with-virtual-tours
- Virtual Tour of the great wall of china –
www.thechinaguide.com/destination/great-wall-of-china



Education

- Homeschooling & Learning at Home –
www.today.com/parents/how-homeschool-during-coronavirus-crisis-t176020
- Scholastic Learn at Home course –
<https://classroommagazines.scholastic.com/support/learnathome.html>
- Learning about animals through the SD Zoo –
<https://kids.sandiegozoo.org>
- National Geographic Kids –
<https://kids.nationalgeographic.com>