

ONLINE SUPPORT GROUPS

InTheRooms.com

Support meetings for any type of recovery (addiction, eating disorders, codependency, family, alcoholism, etc.)

SheRecovers.com

General "recovery" support groups

Turn2Me.com

General support meetings for anyone to join

NextLevelRecoveryAssociates.com

ONLINE RELIGIOUS & SPIRITUAL RESOURCES

Baptist:

TBC.org
Southern.TheChurchOnline.com

Catholic:

TheSundayMass.org
HeartOfTheNation.org

Jewish:

TBEBOca.org

Lutheran:

Hope2All.org
Twinspires.org

Non-Denominational:

GoJourneyChurch.com
CalvaryFTL.org

Protestant:

FirstProtestant.com

FITNESS

Peloton.com

Offering all classes free for 90 days

YouTube.com/playlist?list=PLCFB1EDF24798F84E

Fitness Blender YouTube is offering more than 300 free at-home workouts

Workouts App

TracyAnderson.vhx.tv

Tracy Anderson Method is offering 14 days of free at-home workouts

PHYSICAL ACTIVITIES

- Yoga
- Walk or run
- Dance
- Stretch
- Bike ride
- Nap

MEDITATION SMARTPHONE APPS

Insight Timer

Headspace

Breath

Enlyte

MEDITATION ONLINE RESOURCES

PositivePsychology.com/
Meditation-Exercises-Activities

Mindful.org/Category/Covid-Resources

TaraBrach.com/Guided-Meditations

Open for Inspiration

COVID-19 Resources for Respite



PALM BEACH HEALTH NETWORK

DELRAY MEDICAL CENTER | GOOD SAMARITAN MEDICAL CENTER
PALM BEACH CHILDREN'S HOSPITAL | PALM BEACH GARDENS MEDICAL CENTER
ST. MARY'S MEDICAL CENTER | WEST BOCA MEDICAL CENTER

Self Care

SENSORY

When you feel stressed and need a calm mind, try focusing on the sensations around you — sights, smells, sounds, tastes, touch. This will help you focus on the present moment, giving you a break from your worries.

- Breathe in fresh air
- Snuggle under a cozy blanket
- Listen to running water
- Sit outdoors by a fire pit, watching the flames and listening to the night sounds
- Take a hot shower or a warm bath
- Cuddle with a pet
- Pay attention to your breathing
- Burn a scented candle
- Wiggle your bare feet in overgrown grass
- Stare up at the sky
- Lie down where the afternoon sun streams in a window
- Listen to music



LEARNING

Distracting yourself by learning a new skill or discovering a new topic will help to take your mind off of your stress. If you find the subject interesting, talking about it with friends and family will help you to remember it and expand your knowledge.

- RosettaStone.com (offering three months free)
- udemy.com
- MasterClass.com
- YouTube.com
- LinkedIn.com/Learning
- Coursera.org

SPIRITUAL

Getting in touch with your values — what really matters — is a sure way to cope with stress and foster a calm mind. Activities that people define as spiritual are very personal.

- Attend church virtually
- Read poetry or inspiring quotes
- Light a candle
- Meditate
- Write in a journal
- Spend time in nature
- Pray
- List five things you are grateful for

EMOTIONAL

Dealing with our emotions can be challenging when we're coping with stress. We tend to label emotions as "good" or "bad," but this isn't helpful. Instead:

- Accept your feelings. They're all OK. Really
- Write your feelings down
- Cry when you need to
- Laugh when you can (try laughter yoga)
- Practice self-compassion

ENJOYMENT

A great way to take care of yourself when you're coping with stress is to engage in a pleasurable activity.

- Take yourself outside to eat
- Be a tourist in your own city virtually
- Go on a drive
- Garden
- Watch a movie
- Make art or do a craft project
- Journal
- Walk your dogs
- Go for a photo walk

MENTAL MASTERY

Give yourself a boost by doing a task that you've been avoiding or challenge your brain in a new way. This can also boost self-confidence.

- Clean out a junk drawer or a closet
- Take action (one small step) on something you've been avoiding
- Try a new activity
- Drive to a new place
- Make a list
- Try a crossword puzzle or word search
- Read about a new topic

