

NUTRITION

- [Food Safety and Coronavirus](#)
- [Pantry- and Freezer-Friendly Cooking Advice](#)
- [How to Stock a Modern Pantry](#)
- [Missing Ingredients? Ask NYT Cooking Experts for Substitutions](#)

PHYSICAL ACTIVITY

- [Core Power Yoga](#) is offering free online yoga classes
- [Grokker](#) is free for employers to offer to their employees until April 30th (at least); they deliver health engagement and employee wellbeing content via HD video.
- [Kripalu](#) is offering free classes, yoga and meditation through Facebook
- Free access to [Wellbeats](#) until 4/30 and a tip sheet which includes additional resource links at the bottom of the page
- [Mindbodygreen](#) is offering some free classes
- List of [Boston](#) virtual fitness classes
- Planet Fitness is now offering daily free fitness classes that are being live-streamed on its [Facebook](#) page. Each class will be a maximum of 20 minutes. All you need is an account – no equipment required.

BUILT ENVIRONMENT

- [Eight Tips to Make Working From Home Work For You](#)
- [When Home Becomes the Workplace](#)
- [The Year Without Pants](#) – Free guide for working at home
- [Working From Home Temporarily](#) – new, free book that details how to set up a home office and balance work and home life for those not accustomed to it.

RESILIENCY

- Meditation App Recommendations: [Insight Timer](#), [Headspace](#), [Ten Percent Happier](#) (Ten Percent Happier is providing free use of their meditation and mindfulness app for healthcare workers for the next six months – <https://www.tenpercent.com/coronavirussanityguide>)

- UMASS Medical School's [Center for Mindfulness](#) has a variety of resiliency resources and chat rooms – includes free guided meditations
- [LiveBetter](#) has a free newsletter and CBT-based app for managing stress and anxiety
- [The Happiness Lab](#) is a great podcast for making everyday life a little happier; they had a [special episode](#) on happiness through COVID-19
- *Coronavirus anxiety resources:* [Coronavirus Anxiety – Helpful Expert Tips and Resources \(ADAA\)](#), [Manage Anxiety & Stress \(CDC\)](#), [Pandemics General Resources \(APA\)](#)
- *Other Resources:* [Anxiety and Depression Association of America](#), [Association for Behavioral and Cognitive Therapies](#), [The Jed Foundation](#), [National Alliance on Mental Illness](#)
- From the CDC for Healthcare Workers: Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:
 - Acknowledge that STS can impact anyone helping families after a traumatic event.
 - Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
 - Allow time for you and your family to recover from responding to the pandemic.
 - Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
 - Take a break from media coverage of COVID-19.
 - Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

Learn more [tips for taking care of yourself](#) during emergency response.