

# Tips and Resources for Wellness During COVID-19

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*Please Note: This resource list has many links to articles and information. Therefore, we recommend using it directly from your computer rather than printing it.*

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## We are in unusual times...

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Keeping safe from COVID-19 means extended periods of isolation without our usual exercise, social and work routines. It is important to find alternate ways to keep in shape, manage our stress and keep our social connections. I hope you find this list and Jody's accompanying video helpful! If you have additional tips or feedback on this list, please feel free to email Jody: [gan@American.edu](mailto:gan@American.edu) or Pam: [pam@Tech-moxie.com](mailto:pam@Tech-moxie.com)



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# Tips and Resources...

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## Our Emotional Health: Dealing With Loneliness and Sadness

- Washington Post: [Four ways to help prevent loneliness while you're social distancing](#)
- From the CDC: [Mental Health and Coping During COVID-19](#)
- Washington Post: [Mental health experts offer counsel on staying calm during coronavirus pandemic](#)
- From the Harvard Business Review: [That Discomfort You are Feeling is Grief](#)
- From Mental Health Europe: [Coronavirus: 8 ways to look after your mental health](#)
- Ted Talk: [How to Make Stress Your Friend](#)

## Yoga Practices

- YouTube instruction: [Yoga With Adriene](#)
- [Circle Yoga](#) offers a wide range of yoga classes on line including Gentle Yoga and Super Gentle Yoga

## Fitness

- The National Institute on Aging has a wonderful series of exercise videos for older adults including strength training, seated exercise, and senior Zumba. This link will take you to a list of these videos on YouTube: [Go4Life](#)

- Tai Chi Chuan is a slow moving internal martial art that helps improve our balance and health in many ways. Here is a YouTube video to get you started: [Tai Chi for Beginners with Dr. Daniel Hoover](#)

## Mindfulness

- Bethesda local Dr. Tara Brach is world renowned for her guided meditations. There are dozens of guided meditations available on her website: [tarabrach.com](http://tarabrach.com)
- There are a number of websites and smartphone apps that offer guided meditations and other mindfulness support. We recommend downloading the app on your smartphone, but they work from websites as well. We recommend [Insight Timer](#) because it offers a lot of content without charge. They also offer an App that can be downloaded from Apple's App Store or from Google Play.

## Keeping Busy and Stimulated: Museums and the Arts

- [Around Town DC](#) is a wide-range listing of online activities from fitness to online education. Compiled by DC Department of Aging and Community Services, and Iona Senior Services.
- [12 Famous Museums Offer Virtual Tours](#) - Google Arts & Culture teamed up with over 2500 museums and galleries around the world to bring you virtual tours and online exhibits of some of the most famous museums around the world.
- [Kennedy Center](#) - Although live performances are cancelled, you can enjoy many video performances through the Kennedy Center website. Performances are changed regularly.
- [Playbill Magazine](#) has put together a list of musicals and shows you can stream to your computer or TV. Some are available on YouTube - free of charge.

- [The Writer's Center](#) - Located in Bethesda, The Writer's Center has moved many of their workshops online.

## Eating Well

Having a well-stocked pantry can provide a sense of safety and control. Here are some strategies for things to add to your grocery list and tips for making your meals more interesting.

[This article from the New York Times](#) has some great suggestions.

Food and grocery delivery is a wonderful way to avoid going to the market. Due to high demand it can be challenging to getHere are some options:

- [Instacart](#) - Allows you to shop from a number of stores including Giant, Safeway, Wegmans, Harris Teeter and Costco.
- You can order groceries from Whole Foods via [amazon.com](#).
- Many Montgomery County restaurants are offering delivery (including wine). [VisitMontgomery.com](#) has compiled a list.

## Medications/Supplies to Have on Hand

We know that some items are in short supply, but other items on this list are not COVID19 related. If you have someone shopping for you or are ordering groceries online, you might add these items to the list just in case (and hopefully will prevent you from needing to go out).

- Pain reliever/fever reducing medications

- Thermometer (If you have one buried in a medicine cabinet. If so, good to see if it works or needs replacement batteries)
- Cough suppressant
- Decongestant tablets
- Throat lozenges
- Antacid (for heartburn and indigestion)
- Diarrhea remedy
- Gatorade, Pedialyte, or other electrolyte replacement drink powder to drink when recovering from vomiting and diarrhea