

Offering support to
yourself and others

Creating distance
from fear
mongering

Physical movement

Practicing gratitude

Getting fresh air and
sunshine

Staying hydrated

JP Sears comic relief

Brotha James
uplifting music

Intensati with
Patricia Moreno

Insight Timer
meditation app

The Miracle Morning
book, practice and
Facebook community.

Yoga with Adriene

Organifi
super food
supplements

Unified Mindfulness
- CORE training

Eating whole and
nourishing foods

Deep and intentional
breathing

Checking in with
people

Generative self-talk

Journaling

Scheduling video and
phone calls to stay
connected

Practicing
self-compassion