

# COVID-19: Lighthearted Resources for a Challenging Time

Whether you have been quarantined in your house or are an essential worker on the front lines, everyone needs to decompress in the midst of a crisis. We compiled the resources below with the hopes of helping you unplug and to brighten up your day.

But first, here are some ideas to make your daily routines a bit more fun:

- Schedule a virtual coffee date with a friend in the morning.
- Plan a virtual dinner party with your family members and cook the same meal, such as taco Tuesday or pizza on Saturday.
- Challenge yourself to cook a meal with ingredients you already have. Make up your own recipe and get creative!
- Have a picnic in your backyard. Even something simple like PB&Js make a great lunch.
- Sing your favorite song in the shower to start the day on a high note.
- Even though you might be working from home right now, have a spirit week! Choose different themes for each day or week.

## **Activities & Games**

*Many of these could be worked into your daily routine, such as tidying up or organizing your space, practicing gratitude, and having a virtual game night with your friends every Saturday. You could even write down some of the activities you want to incorporate into each week. It is often a mood booster to see all the things you have to look forward to, even if they seem smaller than usual right now.*

[Activities for Family Fun at Home](#): Creative ideas for the whole family (provided by Le Bonheur Children's Hospital)

[20 Best Online Games to Play with Friends](#): Have a virtual game night with family or friends (provided by The Oprah Magazine)



[Gratitude Activity](#): Practice gratitude on your own, with family members, or even virtually with friends (provided by BJC Institute for Learning and Development)

[The Life-Changing Habit of Journaling](#): Look for any old notebook around the house and start a journal (by Thomas Oppong of Medium)

[101 Ways to Travel Without Leaving Your House](#): Be a world traveler from your own home, even if that just means having a picnic in your backyard (provided by Conde Nast Traveler)

[Tidy Up with Marie Kondo](#): Use this time at home to tidy up your space and get organized with the KonMari Method

### **Virtual Field Trips**

*Need a little break from your routine? Plan a day trip!*

[National Park Tours with a Park Ranger](#): Take yourself on a virtual field trip and explore national parks throughout the country with narrated videos and experience the wonders of volcanoes, glaciers, canyons, and more

[Tours of the Vatican](#): Travel all the way to Italy and experience the magnificent artwork of the Vatican, including the Sistine Chapel and Raphael's Rooms

[The Vienna Opera](#): Experience live stream operas and ballets from the comfort of your home (check schedule for performances)

[Virtual Dives with the National Marine Sanctuaries](#): If you're interested in scuba diving, dive in to experience various marine sanctuaries, courtesy of the National Oceanic and Atmospheric Administration

[Self-Guided Tours of National Parks](#): Choose among 113 national parks and monuments to explore with Google street view

[Live Cams at San Diego Zoo](#): Take a trip to the zoo and see live cams of elephants, tigers, koalas, and more



## **TED Talks**

*TED Talks deserve their own category for the sheer number available and the wide range of topics covered. If you enjoy listening to them, make it part of your daily routine. They might be especially comforting during this time. Listen to one in the morning as you get ready to start your day or while you cook dinner in the evening. Below are a few playlists featuring various talks.*

[Most Popular](#): A good introduction to TED Talks with the 25 most popular

[Staying in? Geek Out](#): A playlist of thought-provoking talks for when you're staying in

[The Importance of Self-Care](#): A playlist featuring various TED Talks that focus on the importance of self-care

[The Funniest](#): Need a good laugh? Check out a playlist of the funniest TED Talks

[Incredibly Soothing](#): TED Talks with a warm and gentle delivery

## **Videos and Podcasts**

*These speak for themselves and will hopefully bring a smile to your face.*

[Some Good News with John Krasinski](#): Get a dose of good news with this new feel-good YouTube series

[Apple Store Podcasts](#): Browse the Apple Store for a new podcast to listen to

[Oprah's Super Soul Conversations Podcast](#): Work some positivity into your day by listening to Oprah's conversations with various influential people

[Here For You Podcast](#): A daily podcast to bring comfort during a challenging time, with recommendations to help decompress

[Rise Podcast with Rachel Hollis](#): Conversations with personal development leaders with valuable takeaways



## **Music**

*For many, the power of music cannot be overstated. Discover new music or listen to an old favorite. Listen to music while you do dishes or another household chore to make it more enjoyable.*

[NPR Live in Concert](#): Enjoy a concert from your own home

[Digital Stage at The Kennedy Center](#): Browse various performances (scroll to the bottom to browse by genre)

[Spotify](#): Sign up for a Spotify account and listen to millions of songs for free

[Best of YouTube Music](#): Watch entire concerts from your favorite musicians or check out the Top Charts to discover new music

[New York's Classical Radio Station](#): Listen live to WQXR, New York's classical radio station (provided by New York Public Radio)

## **Mobile Apps**

*Sometimes, you just need a good game or book to help you destress.*

[Scrabble© GO](#): Play a classic game of Scrabble on your phone

[UNO!™](#): Play everyone's favorite card game

[Card Games](#): Choose a card game to play, including Solitaire, FreeCell, Blackjack, and more (from MobilityWare)

[Libby Books](#): Borrow eBooks and audiobooks from your local library for free

## **Physical Activity**

*There is no denying the positive effect physical activity can have on us. Try boosting your mood with a little movement. Even 10 minutes a day can make a difference.*

[Yoga with Adriene YouTube Channel](#): Numerous yoga classes that you can do from home to incorporate movement into your day, with nurture being the theme for April

[10 Minutes of Yoga and Relaxation](#): Whether you've been sitting or on your feet all day, this short video can help with stiffness and tension (presented by Kate McHugh of McLean Hospital)



**BalancedLiving**

[Fitness Blender Free Workout Videos](#): Videos of varying levels, including kickboxing, strength training, and more (videos can also be found on YouTube)

[Feel Good Stretching Routine](#): A 15-minute stretching routine from Fitness Blender

[Goodbye Stress Calming Stretching Workout](#): A 13-minute yoga-infused stretching workout from Fitness Blender

[POPSUGAR Fitness YouTube Channel](#): Get moving with hundreds of free workout videos, including dance, yoga, barre, and beginner's classes

[Latin Dance Workout](#): Try something new with this 30-minute cardio Latin dance workout (provided by POPSUGAR Fitness)

### **Sleep & Meditation**

*Getting quality sleep is especially important right now. If you've been having trouble sleeping, you're not alone. Here are some ideas to help you relax at night and get a more restful night sleep.*

[Headspace Meditation and Sleep App](#): Check out this app for guided exercises and videos (currently offering content for free)

[Guided Mindful Meditation](#): Listen to a guided meditation to help you relax or fall asleep

[Binaural Beats Deep Sleep Music](#): Music to help you sleep on YouTube (by Greenred Productions)

[Binaural Beats Playlist](#): Listen to this playlist on Spotify to help promote relaxation and deep sleep (by Mia Astral)

[Hammock - Departure Songs Album](#): Listen to this album on YouTube to help you relax (can also be helpful for focusing on a task)

### **Pet Videos**

*What list would be complete without cute pet videos?*

[Odd Couple: Cat and Dog Best Friends](#): Look up Henry The Colorado Dog on Instagram for photos of this adorable pair (provided by The Dodo)

[The Dodo Animal Videos](#): Cute and heartwarming animal videos