* Eat healthy
  + Hydrate
  + Avoid foods with added sugar and simple carbohydrates
* Exercise (Source: [Yale University](https://beingwell.yale.edu/covid-19-self-care))
* [CorePower yoga](https://www.corepoweryogaondemand.com/keep-up-your-practice)– Free yoga classes are offered to everyone
* Blogilates –[YouTube channel](https://www.youtube.com/channel/UCIJwWYOfsCfz6PjxbONYXSg) and website offers a massive library of pilates-style toning classes. In response to the outbreak, they created a [14-day quarantine workout plan](https://www.blogilates.com/14-day-quarantine-workout-plan/)
* HIIT workouts –[20-minute high intensity interval training (HIIT) workouts you can do at home](https://www.cnet.com/news/4-hiit-workouts-under-20-minutes-that-are-better-than-an-hour-at-the-gym/)
* Planet Fitness is offering free 20 minute workouts online and via their app. The online program is called “United We Move,” with workouts being streamed live on [Planet Fitness’s Facebook page](https://us-east-2.protection.sophos.com/?d=facebook.com&u=aHR0cHM6Ly93d3cuZmFjZWJvb2suY29tL3BsYW5ldGZpdG5lc3Mv&e=YmVja3kuemlybGVuQHBmaHEuY29t&h=2220394e158a4dca9839cb76db4023dd&t=VDBramhFNERWNTBJZ3BxTS9NYStXMzAvbnpESXhNNGtxWWljMkdsMHBkRT0=) daily at 7 p.m. ET and also available to watch later, for those who cannot join in the live stream
* [MyFitnessPal](https://www.myfitnesspal.com/)offers 7-minute At-Home workouts
* Take care of your mental health

o   Take a break from media/news – Limit the amount you listen to or watch news programs

o   Explore different [relaxation techniques](https://www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress)

o   Try mediation apps (Source: [Yale University](https://beingwell.yale.edu/covid-19-self-care))

* + - [Calm](https://www.calm.com/)
    - [Headspace](https://www.headspace.com/)
    - [Insight Timer](https://insighttimer.com/)
    - [Smiling Mind](https://www.smilingmind.com.au/)
    - [Stop, Breathe & Think](https://www.stopbreathethink.com/)
* Connect with others
  + With colleagues: phone calls, tele-conferencing (WebEx), video chats & instant messaging (Microsoft Teams)
  + With family and friends: phone calls, FaceTime or other video chat applications, text messaging, multi-player online video games
* Maintain clear work-life boundaries
  + Set a daily work schedule and stick to it
  + Limit checking work email outside work hours as much as possible
  + Schedule time for yourself
* Celebrate successes both big and small
* Activities to de-stress
  + Read
    - [Audible](https://stories.audible.com/discovery) – Offering dozens of books to listen to for free
    - [New York Public Library](https://www.nypl.org/books-music-movies/ebookcentral) – Over 300,000 e-books and audio books available for free to anyone

o   Create

  [Let's Make Art](https://www.youtube.com/channel/UCzzCo7lZGJ-sTCgpI7BJKEg) – Free tutorials on watercolor, hand lettering, and art journaling

o   Take a virtual tour of a museum or national park

  [Google's Arts & Culture](https://artsandculture.google.com/partner?hl=en)

Resources

* [Centers for Disease Control and Prevention](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)
* [U.S. Department of Veteran Affairs - National Center for PTSD](https://www.ptsd.va.gov/covid/COVID_managing_stress.asp)
* [Yale University](https://beingwell.yale.edu/covid-19-self-care)
* Ted Talks – [importance of self-care](https://www.ted.com/playlists/299/the_importance_of_self_care)
* [10 Tips for Success & Self-Care for Academics](https://sallypezaro.wordpress.com/2016/12/09/10-tips-for-success-self-care-for-academics/)