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FREE RESOURCE: Ten Things to Uplevel Your Sheltering In Place Lifestyle

This document is a list of varied resources I've pulled together specifically related to the crisis we are all living through this spring. It's got it all: classes, articles, books, films, groups, and products. I hope you find something here that offers you comfort, ease, connection, movement, humor, and a sense of knowing that we will get on the other side of this and create a new and better life.

These are not affiliate links; I am not being compensated in any way for any product or by any company. These are simply my suggestions and recommendations.

1. [The Science of Well-Being](#) - [Click here](#) for this free course (or \$49 if you want a certificate for work or just-because) offered by Yale University that offers a lot of timely content.
2. [Fitness Equipment for At-Home Workouts](#) - [Click here](#) to see an Amazon list of my favorite exercise equipment so you can keep your mind and body strong while social distancing / sheltering in place.
3. [4- 7 - 8 Breathing Technique](#) - [Click here](#) to Dr. Andrew Weil's breathing exercise to ground yourself and manage your anxiety. (I use this sometimes to help myself fall asleep at night.)
4. [“What Some People Are Doing To Fill The Social Distancing Space”](#) - [NPR](#)
5. [“Ten Ideas For Coping With Loneliness During Social Distancing”](#) - [Psychology Today](#).
6. [Explore museums online](#) - [Google Arts & Culture](#)
7. [“Resources For Families During The Corona Virus Pandemic”](#) - It would have taken me hours to put together this treasure chest of resources from [Common Sense Media](#) . Everything from talking to children about the virus, homeschooling resources, self-care for parents, to fun stuff for families to do with all of this quality time :) -- it's all in there.



8. All good news. All the time. - After I do my daily online national news briefing, I go to the Good News Network. Whether you need to remember the creativity, goodwill and resilience of humanity ... or you just want a few minutes of positivity and hope, the Good News Network is where it's at.

9. No better time than the present to begin practicing meditation - I told myself for years I'd never be a "meditation person." I figured my mind was too competitive to give it any sort of stillness. This year, after months of built-up mental and physical stress coming to a head, I knew it was time. Like, time-time.

I now meditate for 20 minutes, two times a day. And it's okay if my head isn't "still." My practice is simply about spending time with my mind, free of my own judgment.

Meditation has changed my life. If this pandemic had hit a year ago, I don't know if I'd have this new sense of calm and resilience to lean into. [Click here to browse some guided meditations, including one to help you through the pandemic.](#) If you ever become interested in practicing transcendental meditation and want to know more, I'd be happy to share my experience. It's one of the best gifts I've ever received from myself.

10. Learn how to cook. Like cook-cook ... with things like spices, flour, olive oil, baking powder and other stuff I use intermittently. Make the perfect steak at home. A homemade cake. Roasted chicken. Do something with lentils that will blow your mind. There are A LOT of free online cooking classes right now because so many people are eating at home out of necessity and ... by law. [Click here](#) to see some chefs who want to show you how it's done.