**Shelter at Home Free/Low-Cost Self Care Resources & Tips**

\*Some resources listed have always been free and others have become free temporarily in response to the shelter order

\*CAPS is merely providing suggestions on resources; we are not endorsing particular applications or resources

**Self Care Tips**

* This is a difficult time for everyone - Practice self compassion and compassion for others.
* Limit your news intake - updates occur every minute but that does not mean you need to be up-to-date every minute. The news will be there. Take a break from it.
* Choose particular news coverage/media sources and stick to only looking at them instead of numerous sources.
* If possible, create separate spaces for doing work-related and self-care/relaxation activities.
* Maintain regular work/study hours - set a schedule and try your best to stick to it!
* Create a morning routine to help get your day started - make your bed, take a shower, brush your teeth, eat breakfast, exercise.
* To the best of your ability, maintain personal boundaries with others you are cohabitating with. Discuss quiet hours, how common areas will be shared, inform others of times you are working or participating in independent self care activities (e.g. exercise, therapy).
* Keep a daily diary. Track the weather, how you feel, your observations of nature, count how many push-ups, jumping jacks, sit-ups, or other exercises you can do, and draw the moon every night.
* Schedule breaks and social time - do some jumping jacks, video chat with a friend.
* Connect with others online - find communities with shared interests, enjoy a meal with a friend over video, schedule a time to complete an online workout with friends. We’re in this together!
* Hydrate, consume nutritionally rich food, and try to get 8 hours of restful sleep.
* Take a walk outside and soak up the fresh air and sunshine - you can do this solo or with someone else so long as you are six feet apart.

**Self-help**

* Many of these resources require access to internet; [Spectrum internet access](https://www.spectrum.com/) and [Comcast Internet Essentials](https://www.internetessentials.com/) are offering free internet to qualifying students, teachers, and families
* [TAO](http://www.sjsu.edu/counseling/students/TAO/index.html)  is a self-help online program for different topics such as anxiety and depression that SJSU students can access
* [Self Help Resources for Mental Health](https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself): Workbook modules for different clinical concerns by Western Australia’s Centre for Clinical Interventions
* [ACT Companion App](http://www.actcompanion.com/): a training toolkit based on Acceptance and Commitment Therapy model of psychological flexibility. Free of charge through June 2020 using the code TOGETHER
* [Sanvello](https://www.sanvello.com/about/): An app for stress, anxiety, and depression.

**Mindfulness and Spirituality**

* [Insight Timer](https://insighttimer.com/)
* [Guided Meditations - UCLA Mindful Awareness Research Center](https://www.uclahealth.org/marc/mindful-meditations)
* [Coronavirus Sanity Guide](https://www.tenpercent.com/coronavirussanityguide) by Ten Percent Happier
* [Ten Percent Happier Live](https://www.tenpercent.com/live?utm_source=cv_response&utm_medium=email&utm_campaign=cv_response_tphlive_reminder) - Live meetings online every day at 3pm featuring top meditation/mindfulness teachers
* [Loving Kindness Meditation](https://www.youtube.com/watch?v=vSFBbs2UCOk) by Sharon Salzberg
* [A blend of Western psychology and Eastern spiritual practice](https://www.tarabrach.com/guided-meditations/) by Tara Brach
* [Audio Dharma](https://www.audiodharma.org/)
* Adapted from [12 Practical Ways to Kick-Start your Spiritual Practice](https://sumaiyawood.com/kick-start-your-daily-spiritual-practice/):
  + Ground yourself in whatever spiritual or religious practice you currently practice or want to explore - meditate, pray, chant, sit quietly, walk in nature, read a prayer, burn incense or sage.
  + Identify your "daily intention" for the day - Name the outlook you would like to have for today, for the next hour, for the next moment. May it be peace or acceptance?
  + Read an inspiring book, poem, affirmation, message.
  + Start the day or end the day with gratitude - What are you thankful for? What came forth for you today that was expected or unexpected?
  + Practice surrendering in the moment - Embrace that which is happening, the way we are feeling.

**Yoga**

* Corepower Yoga:
  + [Live Stream Classes 3x/day](https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VlQBE78ebQ8)
  + [Yoga on Demand](https://www.corepoweryoga.com/yoga-on-demand)
* [Yoga With Adriene](https://www.youtube.com/user/yogawithadriene)
* Yoga to the People
  + [Podcasts](https://yogatothepeople.com/podcasts/)
  + [YouTube Channel](https://www.youtube.com/channel/UCDVuGlNqqu-hhsJmCUYCGtw/videos?app=desktop)
* [Down Dog | Great Yoga Anywhere](https://www.downdogapp.com/)
* [‎Yoga for Beginners | Mind+Body on the App Store](https://apps.apple.com/us/app/yoga-for-beginners-mind-body/id1382141225)

**Fitness**

* [LIFETIME](https://my.lifetime.life/lp/video-workouts.html?icmp=od-video&section=healthy)
* [7 Minute Workout Challenge App](http://7minworkoutapp.net/)
* [Pure Barre On Demand](https://ondemand.purebarre.com/instantaccess)
* [Daily Burn](https://dailyburn.com/landing)
* [Fitness Blender](https://www.fitnessblender.com/)
* [Fathom Streaming Workouts for Travel](https://fathomaway.com/streaming-workouts-for-travelers/)
* [Nike Run Club App.](https://www.nike.com/nrc-app)
* [Gold’s Gym](https://www.goldsgym.com/anywhere/?fbclid=IwAR3MNCgHmDH4EFz_NIeK6TKdq3IhwtXAepVceSqTqNtVaZjbtul92P3DheY)
* [Planet Fitness](https://www.facebook.com/planetfitness/) - daily live workouts at 4pm
* [Barry’s Bootcamp](https://www.instagram.com/barrys/?hl=en) - live 20-minute workouts twice daily
* [YMCA](https://ymca360.org/on-demand#/)

**Art, Music, and Entertainment Activities**

* [Start your own online radio station and host a social distancing dance party from your own kitchen](https://www.stationhead.com/)
* [Best drawing apps of 2020](https://www.tomsguide.com/round-up/best-drawing-apps)
* [Online Colouring and Quiz Activities for Adults](https://www.mombooks.com/mom/online-activities/)
* [Netflix Party](https://chrome.google.com/webstore/detail/netflix-party/oocalimimngaihdkbihfgmpkcpnmlaoa?hl=en)
* [Michelin-star chef cooking classes](https://robbreport.com/food-drink/dining/massimo-bottura-launches-free-cooking-classes-on-instagram-2906551/)

**Online Support Communities**

* [7 Cups](http://www.7cups.com) is a free online text chat with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.
* [Emotions Anonymous](http://www.emotionsanonymous.org) is an international fellowship of people who desire to have a better sense of emotional well-being. EA members have in person and online weekly meetings available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy.
* [Support Group Central](http://www.supportgroupscentral.com) offers virtual support groups on numerous mental health conditions - free or low-cost. Website also offered in Spanish.
* [TheTribe Wellness Community](http://www.support.therapytribe.com) offers free, online peer support groups offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression
* [SupportGroups.com](https://online.supportgroups.com/) features 200+ online support groups.
* [For Like Minds](http://www.forlikeminds.com) is an online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events
* [18 Percent](http://www.18percent.org) offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues. HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.
* [Psych Central](http://www.psychcentral.com) offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and online support communities.
* [The Mighty](https://themighty.com/) is a safe, supportive community for people facing health challenges and the people who care for them.

*For Eating Disorders:*

* [National Eating Disorders Association](https://www.nationaleatingdisorders.org/free-low-cost-support) (support groups & forums)

*For LGBTQ+*

* [TrevorSpace](https://www.trevorspace.org/) (chat & forums)
* [Susan’s Place](https://www.susans.org/) (chat & forums for TGNC)
* [Rescqu Net](https://www.rescqu.net/) (support group for TGNC)
* [TransPulse](https://www.transgenderpulse.com/) (chat & forums)

*For People of Color:*

* [Yellow Couch Collective](https://therapy-for-black-girls.mn.co/) (group chat & community for Black women, free trial and then $10/month)
* [Young People of Color](https://www.7cups.com/home/poc/) Community Group

*For Substance Use & Recovery:*

* [SMART Recovery](https://www.smartrecovery.org/community/) (forums & online meetings)
* [Alcoholics Annonymous](http://aa-intergroup.org/directory.php) (online meetings)

*For Mood Disorders (Anxiety, Depression, Bipolar)*

* [Turn2Me](https://turn2me.org/group-supports)
* [Anxiety & Depression Association of America](https://adaa.org/adaa-online-support-group)
* [Depression & Bipolar Support Alliance](https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/)
* [The Tribe Wellness Community](https://support.therapytribe.com/)

**Learn New Information**

* [Khan Academy | Free Online Courses, Lessons & Practice](https://www.khanacademy.org/)
* [Courses from Ivy League Universities](https://www.classcentral.com/collection/ivy-league-moocs)
* [Live Panda Time](http://en.ipanda.com/live/)
* [Explore Mars](http://accessmars.withgoogle.com/)
* [Live Webcams of Zoo Animals](https://www.houstonzoo.org/explore/webcams/)
* Podcasts:
  + [Podcast Episodes for Every Type of Traveler - Fathom](https://fathomaway.com/best-podcast-episodes-for-travelers/)
  + [Revisionist History](http://revisionisthistory.com/seasons)
  + [This American Life](https://www.thisamericanlife.org/)
  + [Stuff You Missed in History Class](https://www.iheart.com/podcast/stuff-you-missed-in-history-cl-21124503/)
  + [The Allusionist](https://www.theallusionist.org/)
  + [StarTalk Radio](https://www.startalkradio.net/#)
* Museums to visit online:
  + [Google Arts and Culture](https://artsandculture.google.com/explore)
    - [A complete list of museums from around the world](https://artsandculture.google.com/partner)
    - [National Parks](https://artsandculture.withgoogle.com/en-us/national-parks-service/parks)
  + [Louvre](https://www.louvre.fr/en/visites-en-ligne#tabs)
  + [Guggenheim](https://www.guggenheim.org/collection-online)
  + [National Gallery of Art](https://www.nga.gov/)
  + [The British Museum](https://artsandculture.google.com/partner/the-british-museum)
  + [Smithsonian National Museum of Natural History](https://naturalhistory.si.edu/visit/virtual-tour)
  + [History Colorado Center](https://www.historycolorado.org/)
  + [Dali Museum](https://naturalhistory.si.edu/visit/virtual-tour)
  + NASA
    - [Langley Research Center](https://oh.larc.nasa.gov/oh/), [Glenn Research Center](https://www.nasa.gov/glennvirtualtours), [Space Center Houston](https://spacecenter.org/news-center/news-releases/space-center-houstons-new-app-offers-an-enhanced-visitor-experience/)
  + [National Museum of Women’s History](https://www.womenshistory.org/womens-history/online-exhibits)
  + [Yellowstone National Park Virtual Tour](https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm)
  + Learn a new language with [Duolingo](https://www.duolingo.com/) or [Mango](https://mangolanguages.com/)

**Crisis Resources**

* 911
* [Santa Clara Mobile Crisis Response Team](https://www.sccgov.org/sites/bhd/Services/Pages/mobile-crisis-response-team.aspx): 1-800-704-0900, M-F 8AM-8PM
* Google your own Mobile Crisis Response Team in your area
* Santa Clara Text Line: Text RENEW to 741741, available 24/7
* [National Suicide Hotline](https://suicidepreventionlifeline.org/): 1-800-273-8255
* CAPS phone call services: 408-924-5910, press 4 to speak to a crisis counselor on the phone