Wellness: Things to Do During COVID-19

To keep safe during the current outbreak, many people are avoiding gathering in large groups, including at gyms, yoga studios and other fitness spaces. In addition, social distancing practices have limited our ability to connect face-to-face. Stressful times like these are precisely when people need wellness practices the most. See below for some free resources to help keep you moving and connecting.

**Move Well:**

**Downdog App:**

Downdog is an app that offers yoga, HIIT, barre, and 7 minute full body workouts. Downdog is providing free memberships until May 1st. Find more information [here](https://www.downdogapp.com/).

**Modo Yoga Online:**

Free online yoga and meditation classes are offered for one month by Modo Yoga. Sign up [here](http://www.app.namastream.com/#/modo-yoga) and use code MODOISHOME.

**CorePower Yoga:**

CorePower is offering free online classes on their website. Check them out [here](https://www.corepoweryogaondemand.com/keep-up-your-practice).

**305 Fitness – Dance Cardio:**

305 Fitness is offering free dance cardio workouts on their YouTube channel. Check them out [here](https://www.youtube.com/user/305Fitness/videos).

**Think Well:**

**Stronger Minds:**

Manulife, in conjunction with Beacon, is activating Stronger Minds - a free digital program for all Canadians to support individuals’ mental well-being through the COVID-19 crisis. Through Stronger Minds, the BEACON team of psychologists will provide guidance on the challenges that matter now. Topics covered will include difficulties with social isolation, supporting struggling family members, worries about financial insecurity, and much more. Join now for free [here](https://www.mindbeacon.com/strongerminds).

**Balance App:**

Balance is a meditation app offering a free one-year subscription. Download the [Balance app](https://www.balanceapp.com/#PsyberGuide) and email [access@balanceapp.com](mailto:access@balanceapp.com) for instructions.

**Headspace App:**

Headspace is another popular mediation app which has released free content. Check out Headspace [here](https://www.headspace.com/).

**Calm App:**

The Calm app has complied free resources including mediations for stress, sleep, and mediation for kids. Check it out [here](https://blog.calm.com/take-a-deep-breath/#PsyberGuide).

**Sanvello App:**

[Sanvello](https://bit.ly/2vDXxoU) offers a range of coping tools and peer supports and has offered free premium access during COVID-19. The app also gives you suggested activities based on your mood — very helpful for self-isolation.

**Be Well:**

**Free online courses from Harvard and Yale Universities:**

Harvard offers a number of free online courses - to check out their gallery of courses and register for free click [here](https://www.edx.org/school/harvardx). Yale offers a number of free online courses as well. You can check them out and register [here](https://www.coursera.org/yale).

**Free personal finance courses from McGill:**

RBC has partnered with McGill to offer a free personal finance class. You can register [here](https://mcgillpersonalfinance.com/).

**Learn a new language:**

The Ireland Canada University Foundation is offering three free 40 minute classes in which you can learn to speak some basic Irish language. Find more information and register for the courses by April 8th [here](https://www.upei.ca/studyabroad).

Duolingo is a free resource available for learning new languages. French, Spanish, and a number of other languages are available through their website or app. Find out more [here](https://www.duolingo.com/).

First Voices is a website that provides free resources for those interested in learning Indigenous languages. Browse their gallery of languages [here](https://www.firstvoices.com/explore/FV/sections/Data).

**Tour famous museums from home:**

[Google Arts & Culture](https://artsandculture.google.com/partner?hl=en) has teamed up with museums and galleries around the world to bring virtual tours and online exhibits of some of the most famous museums around the world. Check out the tours available [here](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours).

**Watch a live stream concert or music event from home:**

Billboard provides an updated list of free music events and live concerts. Check out their list [here](https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams).

The Metropolitan Opera is offering free nightly opera streams. Check it out [here](https://www.metopera.org/).

**Learn to touch type:**

Are you a two finger typer? The Typing Club is offering online typing courses. Improve your skills and check out their website [here](https://www.typingclub.com/).

**Connect Virtually:**

Connect with others using FaceTime or [Skype](https://www.skype.com/en/),. Consider having a virtual lunch or coffee break.

Have an online movie night with family or friends. You can do this through a [Facebook Watch Party](https://www.facebook.com/help/1681245065258554?helpref=about_content%2F#PsyberGuide), [Netflix Party](https://chrome.google.com/webstore/detail/netflix-party/oocalimimngaihdkbihfgmpkcpnmlaoa?hl=en/#PsyberGuide), or alternatively all hit play at the same time and chat via messaging or calls.

**Eat Well:**

Consider using grocery delivery services available through [Instacart](https://www.instacart.com), [PC Express](https://www.pcexpress.ca), [Walmart](https://www.walmart.ca/en/help/grocery), [Inabuggy](https://www.inabuggy.com), or [Costco](https://www.costco.ca/grocery-delivery-details.html#grocery-map).

Other food delivery services like [Uber Eats](https://www.ubereats.com/ca) and [SkipTheDishes](https://www.skipthedishes.com) are offering free delivery.

We encourage you to take advance of these resources. Stay well, healthy, and do what you can to look after your mental health. Please remember our Employee Family Assistance Program - Workplace Options is available to provide support and resources on a 24/7 basis.

Toll Free: 1-877-847-4525

Call Back: 1-416-956-2979

Website: <http://resourcesforyourlife.com> Code – BMWeCare

SMS Texting: 1-647-624-2840

I Connect You Passcode: 149301

*Let’s stay in touch – Have you found a resource not listed that you’d like to share with your B&M family? Please email your suggestion to* [*bdriscoll@blackandmcdonald.com*](mailto:bdriscoll@blackandmcdonald.com)*. Thanks for your help!*