

Staying Healthy

Nancy Lee Nelson, MPH, RN

This Pandemic requires us to figure out individually and together what is manageable and how to deal with what feels unmanageable and beyond our control. We explore new ways to deal with the unmanageable challenges. To keep a momentum that gives us energy, we take actions that make a sweet difference to others. Each day we spend focused time on gratitude. We do all these things without denying what is real and difficult. We pray.

When we live with purpose, love and kindness for others who have less or may be struggling more, we transcend our own suffering and find peace. Perhaps this is a part of the message of the Pandemic.

At those times when the difficulties feel overwhelming, be gentle and compassionate with yourself. Use methods that have worked for you in the past or try something new. This is a time for self-care. Breathe. Consider some type of mindful practice such as traditional meditation. Go for a walk outdoors or focus your attention on something simple that gives peace. Talk with someone you know understands when you are feeling low. Find a quiet sweet place and pray.

For this week's "Staying Healthy," I have compiled numerous resources and tools that include things you can do individually on your own computer/electronic device and/or with your friends or family. There are some great virtual opportunities provided to us by the arts community including stage plays, musicals, museums, and music of every kind. There are also resources where you can watch newly hatched eagles on a live DNR Minnesota cam or watch a talented parrot. There is mindfulness, breath work, meditation, yoga and tai chi chih. There is a section on dealing with feelings. All of these sources are given to us with caring. All we have to do is find what works for each of us and use it

RESOURCES & TOOLS FOR STAYING HEALTHY

WNY Gusto from March 19th

Great WNY Resources you can take advantage of from home

<https://buffalonews.com/2020/03/19/culturally-speaking-you-can-still-enjoy-what-western-new-york-has-to-offer-digitally/>

MUSIC, MUSICALS STAGE SHOWS

- **London Theater.** Wonderful stage shows, musicals and opera online for free. It is updated daily with the latest shows that you can stream.
https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html

- **Andrew Lloyd Webber's Musicals.** These musicals are available every Friday for 48 hours. Each Friday, a different musical of ALW will be featured for you to watch free during a 48 hour period.
https://www.whatsonstage.com/london-theatre/news/andrew-lloyd-webber-stream-musicals-free-youtube_51313.html?utm_source=facebook&utm_medium=social&utm_campaign=2April2020&fbclid=IwAR2RYDFFIcZG-3pJwwT99CBpMLCkyBhePm6LqJ28K7bN1jwbylclL86u1eg
- **Virtual Concerts for free.** All types of music (jazz, soul, country, classical, concerts for kids, etc. If it is something that interests you and if it is a live concert, you will need to be available at a specific time to see it. If it is the Metropolitan Opera, that are older performances, and you can watch during a range of time each day - just check the times carefully. Other music is offered on a specific date. So pay attention to the date and time to watch it.
<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- **Rotterdam Philharmonic Orchestra.**
<https://slippedisc.com/2020/03/believe-it-orchestra-plays-beethoven-9th-from-theirhomes/>

BIRDS & ANIMALS

- **Live Eagle Cam.** Newly hatched eagles.
<https://www.dnr.state.mn.us/features/webcams/eaglecam/index.html>
- **Cornell Feeder Watch Cam.**
<https://www.allaboutbirds.org/cams/cornell-lab-feederwatch/>
- **Panama Fruit Feeders.**
<https://www.allaboutbirds.org/cams/panama-fruit-feeders/>
- **Dogs and Cats.**
<https://www.youtube.com/watch?v=XzFI7AzJ56M>
- **Rabbits.**
<https://www.youtube.com/watch?v=Tpg0n3Pk5ts>

- **Talented Parrot.**
https://www.youtube.com/watch?v=WQ_wO0r16ww
- **Animals and the Power of Music.**
https://www.youtube.com/watch?v=_2raNqztPX0

AT HOME WITH CORONAVIRUS COVID-19

- **The Best Free Online Classes for Kids.**
<https://www.fatherly.com/love-money/best-online-education-classes-children-coronavirus/>
- **26 Things to do at Home with the Kids During the Covid-19 Outbreak.**
<https://www.familyvacationcritic.com/things-to-do-at-home-with-kids-during-coronavirus-outbreak/art/>
- **125 Ideas to Keep Kids Entertained During the Coronavirus Crisis.**
<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>
- **Surviving the Coronavirus: Practical Steps for Couples.**
<https://www.goodtherapy.org/blog/surviving-the-coronavirus-9-practical-steps-for-couples-0316204>
- **How Loneliness From Coronavirus Isolation Takes its Own Tole.**
<https://www.newyorker.com/news/our-columnists/how-loneliness-from-coronavirus-isolation-takes-its-own-toll>

VIRTUAL MUSEUMS

- **British Museum – London.**
https://www.britishmuseum.org/search?search_api_fulltext=Virtual
- **National Gallery of Art - Washington, D.C.**
<https://www.nga.gov/research/online-editions.html>
- **Metropolitan Museum of Art - New York City**
https://www.metmuseum.org/?utm_source=Cultured+Newsletter&utm_campaign=25794fbe1bEMAIL_CAMPAIGN_2020_02_24_06_55_COPY_01&utm_medium=email&utm_term=0_0e72f7aada-25794fbe1b-53487319

- **Prado Museum - Madrid**
https://www.museodelprado.es/en/the-collection/art-works?searchObras=virtual&ecidoc:p65_E36_p138_represents_concept@@@p m:conceptNode=http://museodelprado.es/items/concept_109
- **Brera Art Museum - Milan**
https://pinacotecabrera.org/en/collezioni/filter-collection/?utm_source=Cultured+Newsletter&utm_campaign=25794fbe1b-EMAIL_CAMPAIGN_2020_02_24_06_55_COPY_01&utm_medium=email&utm_term=0_0e72f7aada-25794fbe1b-53487319
- **Louvre - Paris**
https://www.louvre.fr/en/visites-en-ligne?utm_source=Cultured+Newsletter&utm_campaign=25794fbe1b-EMAIL_CAMPAIGN_2020_02_24_06_55_COPY_01&utm_medium=email&utm_term=0_0e72f7aada-25794fbe1b-53487319
- **National Archaeological Museum - Athens**
https://www.namuseum.gr/en/collections/?utm_source=Cultured+Newsletter&utm_campaign=25794fbe1b-EMAIL_CAMPAIGN_2020_02_24_06_55_COPY_01&utm_medium=email&utm_term=0_0e72f7aada-25794fbe1b-53487319
- **Hermitage Museum - St. Petersburg**
https://www.namuseum.gr/en/collections/?utm_source=Cultured+Newsletter&utm_campaign=25794fbe1b-EMAIL_CAMPAIGN_2020_02_24_06_55_COPY_01&utm_medium=email&utm_term=0_0e72f7aada-25794fbe1b-53487319
- **The Uffizi Gallery - Florence**
https://www.uffizi.it/en/online-exhibitions?utm_source=Cultured+Newsletter&utm_campaign=25794fbe1b-EMAIL_CAMPAIGN_2020_02_24_06_55_COPY_01&utm_medium=email&utm_term=0_0e72f7aada-25794fbe1b-53487319
- **Vatican Museum - Vatican City**
http://www.museivaticani.va/content/museivaticani/en/collezioni/catalogo-online.html?utm_source=Cultured+Newsletter&utm_campaign=25794fbe1b-EMAIL_CAMPAIGN_2020_02_24_06_55_COPY_01&utm_medium=email&utm_term=0_0e72f7aada-25794fbe1b-53487319

EXERCISE, YOGA, TAI CHI CHIH

- **Variety of Exercise Classes to Join at Scheduled Times**
<https://sanmateoathleticclub.smccd.edu/virtual-classes/>
- **20 Minute Vinyasa Yoga**
<https://www.youtube.com/watch?v=KEYSO-Tc2Go>
- **Yoga for Back Pain**
<https://www.youtube.com/watch?v=pyFNz8zJSdw>
- **Hatha Yoga 48 minute class**
https://www.youtube.com/watch?v=RTOoc9h_48A
- **Core Power Yoga**
<https://www.corepoweryogaondemand.com/keep-up-your-practice>
- **Tai Chi Fundamentals for Beginners**
<https://www.youtube.com/watch?v=oCnCSOWgIUU>
- **Tai Chi 24 Forms**
<https://www.youtube.com/watch?v=JIZVuFr9SAM>
- **Tai Chi Chih Joy through Movement**
<https://www.youtube.com/watch?v=ONjHjM4puGY>

ZEN, MINDFULNESS, BREATHING, MEDITATION & RELAXATION

- **Zen Mind, Beginner's Mind – Full Audiobook**
<https://www.youtube.com/watch?v=2hG4QyPDQgk>
- **Introduction to Mindfulness – Thich Nhat Hanh**
<https://www.youtube.com/watch?v=b5gMJ1BovQ0>
- **Mindfulness in Plain English – Jon Kabat-Zinn**
<https://www.youtube.com/watch?v=xCKjNODBNL8>
- **The Practice of Mindfulness with Thich Nhat Hanh**
<https://www.youtube.com/watch?v=XYXQef9AimQ>
- **The Practice of Mindfulness & Compassion – Thich Nhat Hanh**
<https://www.youtube.com/watch?v=bPkASvOO4wA>
- **The Practice of Mindfulness with Thich hat Hanh**
<https://www.youtube.com/watch?v=tcEGMSaQZks>

- **The Practice of Mindfulness** with Thich Nhat Hanh
<https://www.youtube.com/watch?v=yb-4pzVtdbM>
- **How do I stay in the Present Moment** when it feels Unbearable?
<https://www.youtube.com/watch?v=t5Ka2RS0UC4>
- **Mindfulness as a Foundation for Health**
<https://www.youtube.com/watch?v=ljnt-eXukwk>
- **Exercises on Mindful Breathing**
<https://www.youtube.com/watch?v=z7gmeZUphc>
- **Touching Life with Each Mindful Breath -**
https://www.youtube.com/watch?v=m5ucWKDYQMc&feature=emb_rel_end
- **Breathe as a Free Person, Walk as a Free Person**
<https://www.youtube.com/watch?v=JKHW0XpY6eQ>
- **Learn How to Mediate with Zen Master Thich Nhat Hanh**
<https://www.youtube.com/watch?v=sb8DAYK81Oo>
- **Calm/Ease Guided Meditation** with Thich Nhat Hanh
<https://www.youtube.com/watch?v=z7gmeZUphc>
- **Deep Blissful Meditation** (guided), Thich Nhat Hanh
<https://www.youtube.com/watch?v=ueEdDE2QMew>
- **Loving Kindness Meditation**
<https://www.youtube.com/watch?v=sz7cpV7ERsM>
- **Calm – Ease – Guided Meditation** Thich Nhat Hanh
<https://www.youtube.com/watch?v=XHvtlcaD194>
- **45 Minutes of Total Relaxation**
<https://www.youtube.com/watch?v=ZUu9a-kzSgl>

FEELINGS & RESILIENCE

- **What is Resilience**
<https://www.verywellmind.com/what-is-resilience-2795059>

- **How to Build Resilience**
<https://www.verywellmind.com/ways-to-become-more-resilient-2795063>
- **Coping with Grief and Loss**
<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>
- **“On Being” with Krista Tippit**
<https://podcasts.apple.com/us/podcast/on-being-with-krista-tippett/id150892556?mt=2>
Note that you can see more podcasts from “On Being” at the end click to see “10 more” again and again.
- **What You Need to Know about Coronavirus and Grief**
<https://www.griefrecoverymethod.com/blog/2020/03/what-you-need-know-about-coronavirus-and-grief>
- **Being Love – Thich Nhat Hanh**
https://www.youtube.com/watch?v=_1o1TDuXf-8Trich Nhat Hanh
- **On Loneliness – Thich Nhat Hanh**
<https://www.youtube.com/watch?v=FoYKHy78oiw>
- **Loneliness is the Ill Being of Our Time**
<https://www.youtube.com/watch?v=yZ1x9bzl2Ww>
- **How to Find Gratitude in Your Hardest Moments**
<https://chopra.com/articles/how-to-find-gratitude-in-your-hardest-moments>
- **How to Stop Looking for Other People’s Approval**
<https://www.youtube.com/watch?v=RqmY3bnyOXM>
- **Why do I sometimes feel a Heavy Weight on my Heart**
<https://www.youtube.com/watch?v=2hG4QyPDQgk>
- **How to Transform Despair into Compassion and Peace**
<https://www.youtube.com/watch?v=lknQHg6pqWQ>
- **How to Fight Injustices without being Consumed with Anger**
<https://www.youtube.com/watch?v=LVpUu5T5mQA>
- **How Can I Not Let my Anger Explode and Hurt Others?**
<https://www.youtube.com/watch?v=AeMYRCv2Kmc>

- **Anger Management**
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434>
- **How to Calm Down when Angry or Anxious?**
<https://www.healthline.com/health/mental-health/how-to-control-anger#1>
- **What should we do when a person attacks us physically?**
<https://www.youtube.com/watch?v=o-pv9-suY50>
- **Healing is Possible at every moment**
<https://www.youtube.com/watch?v=yzCWBpS67ig>
- **Freedom From Being Caught in the Past or the Future**
<https://www.youtube.com/watch?v=FDhn7e8MCWI>
- **Make a True Home of Your Love**
https://www.youtube.com/watch?v=fOI_UIAm-LU
- **Ending the Vicious Circle of Negative Habits**
<https://www.youtube.com/watch?v=EhC9spSh5J4>
- **The Silence of Life**
https://www.youtube.com/watch?v=SkL9dYeT1_g