

COVID-19 Resource

Healthy Living, Mindfulness, and Stress Relief

Updated July 20, 2020

Due to COVID-19, services and programs are changing rapidly. Please contact agencies directly to determine the availability of their individual programs.

Organization	Support/Resource
1000 Petals	1000 Petals offers supports for children and families including the integration of mindfulness, movement, and social/emotional learning practices each Monday and Wednesday at 4:00pm
Dr. Rick Hanson offers many free well-being resources	Being Well Podcast Just One Thing - online free newsletter
Call to Mind Mental Well-Being and the Coronavirus	CalltoMindNow.org includes extensive resources and blog posts from trusted sources. Relevant tips and recommendations have been compiled with the goal of reaching individuals where they're at with ways to cope and manage their mental well-being in this uncertain time. <u>Resources include:</u> <ul style="list-style-type: none">• Dealing with Loneliness & Isolation• Coping with Stress & Anxiety• Resources if You're in Crisis• Digital Distractions• Talking to Kids about COVID-19• Living with Your Mental Illness• And much more.
Change to Chill	Change to Chill offer youth-lead resources and experiences to help young people develop or strengthen coping skills
Health Powered Kids	Health Powered Kids is a collection of activities to help young people make health eating, exercise and life choices
The Happiness Lab	The Happiness Lab hosted by Yale University, offers evidence-based strategies to increase happiness, reduce isolation, and build resiliency
MakeltOk.org	Well-Being Resources and Help



Wash your hands.



Stay home when sick.



Cover your cough.



Keep 6 feet apart.



Stay informed.

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Minnesota Department of Health Behavioral Health and COVID-19 Resources	Multiple tip sheets to help child, adults, families and first responders deal with the stress of the COVID-19 pandemic Facts Sheets Include: * First Responder Self Care and Stress *Tips to Reduce COVID-19 Anxiety * Managing Stress and the Threat of COVID-19 * Just for Kids : A Comic Exploring the New Coronavirus *Parent Caregiver Guide to Helping Families Cope * Talking to Children About COVID-19 * Psychological First Aid & COVID19
MN Communities Caring for Children	MN Communities Caring for Children offers daily, 30-minute, family-friendly practice of resilience. Practice will include breathing, mindfulness, centering, mind-body medicine, etc.
U of M Bakken Center for Spirituality and Healing	Stress Busters Tuesdays, Noon – 1:00pm, facilitated yoga calm, mindfulness and meditation
U of M Medical School	Summer Series to Build Resilience weekdays throughout the summer
Zero to Three	Mindfulness Practices for Families help children with big emotions

For up to date, accurate information, visit the [Minnesota Department of Health \(MDH\) COVID-19](#) webpage, the [Centers for Disease Control \(CDC\) Coronavirus webpage](#), or the [Dakota County COVID-19 webpage](#).

