

COPING WITH COVID-19: MENTAL HEALTH RESOURCES FOR ADULTS

YOGA



Yoga is known to help manage stress and relieve anxiety. [Yoga Basics](#) offers a list of yoga videos available on YouTube. The videos vary in length from 10 minutes to 40 minutes.

FAMILY ACTIVITIES AT HOME



[Family Affair](#) offers “hands-on” healthy cooking videos that kids and parents can experiment with together at home.

STAYING ACTIVE AT HOME



[SPACE](#) offers a library of free Bhangra routines for adults to be physically active at home.

MEDITATION AND MINDFULNESS



Mindfulness is a state of active, open attention to the present. It can be a helpful tool to manage anxiety. Click here to access [5 minute mindfulness](#) and [10 minute mindfulness](#) routines available on YouTube.

COPING WITH COVID-19: MENTAL HEALTH RESOURCES FOR KIDS

Some recommendations taken from Richmond Childhood Mental Health Program.

YOGA



Practicing yoga can help children manage stress and anxiety. [Cosmic Yoga for Kids](#) is a YouTube channel with yoga videos tailored towards children.

FAMILY ACTIVITIES AT HOME



Meditation and mindfulness can be useful tools to help kids cope with anxiety and stress. There are many mindfulness guides available for kids. This includes: [Mindful Ozzy Introduces Mindfulness](#), [Belly Breathing Song](#), and [the Butterfly Body Scan](#).

STAYING ACTIVE AT HOME



[Project Bhangra](#) offers a library of free Bhangra routines designed to motivate kids to get up and move at home.

HOW TO TALK TO YOUR KIDS ABOUT COVID-19



The [Covibook](#) is a child-friendly workbook that provides simple explanations of the virus alongside space to talk about emotions. [Bright Horizons](#) has provided a sample “script” of common questions children may have about COVID-19 and answers you could provide them.