

Nurturing Wellbeing through COVID-19

Resources and Suggestions to Feed Mind – Body – Spirit

For weekly updates and connection opportunities, contact agewell@smaa.org to sign up for our newsletter.

Mind

Meditation & Mindfulness www.mindful.org	Articles, videos and resources offering guidance to reduce anxiety and stress.
Ted Talks	Shift your perspective, broaden your horizons, and learn something new.
Virtual Museum Tours	Visit an old favorite and somewhere you've never been.
Free Online Entertainment	Includes links to museums, operas, symphonies and more
Online Learning thru USM's Professional Development Programs	OLLI is offering 3 free workshops: <ol style="list-style-type: none">1. Intro to Critical Thinking2. Personal Creativity3. Creativity in Teams and Organizations
Local Libraries	Public Libraries have links to audio books, streaming films, and online lessons.
Journal	Start a journal – what you're grateful for, your highs and lows of the week, your goals (financial, personal, wellness, nutrition), memories, dreams, your bucket list, heroes, life lessons, and whatever else moves you!
Experiment in the Kitchen	Try a new recipe or challenge yourself to create a new dish with specific ingredients you have on hand.
Revisit your Favorite Entertainment	Watch old movies, TV shows, re-read your favorite books.

Body

U-ExCEL Balancing Act	Home routine to practice and build balance PDF Manual Instructional Videos
Virtual Balance Classes from the Maine Strong Balance Center	Facebook Live Balance classes every Monday at 9:30am.

Go4Life	Great free resources in print, online and exercise videos.
21 Day Beginner Walking Plan	Six-week Beginner Walking Plan PDF put out by the American Heart Association.
Free Online Yoga http://relief.ekhartyoga.com/ www.yogawithdriene.com	Free yoga, meditation, and relaxation videos.
Dr Lam Tai Chi for Rehabilitation	Free Tai Chi lessons to improve immunity and reduce stress.
Get outside for a walk, around your neighborhood, yard, or a local trail. Portland Trails Maine Audubon	Please check to see that the trails are still open before you go.

Spirit

Songs for All Beings	Musical celebration of loving kindness.
Help From Home www.allforgood.org/ www.volunteermatch.org	There are many good deeds that can be done from home such as knitting or sewing for an organization, writing letters to deployed service members or your local EMS, clean out closets and start a donation pile that you can deliver later on, or buy a gift certificate to a local restaurant that can be used later.
Earth Cams Around the World	Webcams of places, animals and zoos.
21 Days of Gratitude Challenge	This challenge helps us appreciate ourselves and what we have. Many studies show that giving thanks makes us happier.
Music and Connection	Virtual Orchestra playing What the World Needs Now.
Music for inspiration and relaxation www.pandora.com	Free service where you can select Tai Chi, Relaxation or Meditation music and much more.
Get outside and photograph or notice signs of spring	Take a photo of the same plant day to day to track it's changes as spring arrives or keep a journal.
Laugh out loud	If you need inspiration, think of your favorite funny movie scenes, lifetime memories, or share jokes with a friend or grandchild.

Connection

Try a Virtual Gathering How to Join a Zoom Meeting 13 Zoom Tips & Tricks	Maintaining face-to-face contact with friends and family is user-friendly with various virtual gather platforms. Try Zoom, Google Hangouts or Duo.
Art and Healing UnLonely Project	Stuck at Home (Together) provides resources and tools to encourage and enable social connection.
National Digital Equity Center Resources	Free classes for those who want to learn how to use technology better.
Dementia Action Alliance Support Groups	Offering special weekly Zoom call-ins during COVID-19. For information on local support groups call SMAA's Family Caregiver program at 207-396-6540.
Write a letter to a friend or loved one	Brighten someone's day with a handwritten note! Maybe you'll receive one in return.
Call or email friends and loved ones regularly	There's never been a better time to maintain connections.