

# WELLNESS WHILE PHYSICAL DISTANCING

## SAN MATEO COUNTY BEHAVIORAL HEALTH & RECOVERY SERVICES

### OFFICE OF DIVERSITY & EQUITY

This resource was created to help our community stay well and active during the COVID-19 Shelter in Place. Together we will get through this and experience our strength and interconnectedness more deeply than before.

This is not a comprehensive list and is intended to spark your creativity and curiosity. Be Well SMC!

Please click on underlined link to connect to website.

### TAKE AN ADVENTURE:

#### 1. Monterey Bay Aquarium Live Cam

Discover the adventures of the ocean with 10 live web cams .

#### 2. Guggenheim Museum, NY

See beautiful online exhibits.

#### 3. Musée d'Orsay, Paris

Discover hundreds of french painters.

#### 4. National Museum of African American History & Culture

Search the collection and explore exhibitions, centers, and digital initiatives.

#### 5. Louvre, Paris

Visit the museum's exhibition rooms and galleries.

#### 6. The J. Paul Getty Museum, Los Angeles, CA

Travel back in time to the 8th century with this collection of European paintings, drawings, sculptures.

#### 7. Curious Travelers

Learn and explore cities from around the world.

#### 8. United States Holocaust Memorial Museum

Explore collections of photographs, texts, weapons, clothes, machinery, and many other items related to the holocaust.

#### 9. Chinese American Museum of Chicago

Learn about Chinese American culture through exhibitions, education, and research.





## 10. Lower East Side Tenement Museum, NY

Discover the history of immigration through the personal experiences of the generations of newcomers who settled in and built lives on Manhattan's Lower East Side.

## 11. 500 Museums and Galleries to Discover

Learn something new everyday with these amazing discoveries you can make around the world.

## 12. Discover Rome

This free course allows you to see the architecture and history of Rome.

## 13. Virtual Field Trips ~ for the kid in all of us

Have fun discovering zoos, farms and aquariums.

# FREE ONLINE LEARNING

## 1. 1500 Online Courses from Top Universities

If you're not looking for a certificate many of these course are free.

## 2. Learn a New Language

Chose from 48 languages to learn for free.

## 3. TED Talks

Thousands of talks to keep you growing and learning.

## 4. iDEA

iDEA is an international program that helps you develop digital, enterprise and employability skills for free.

## 5. Alison

Free online education site offering courses in business, technology, health, and language learning courses.

## 6. National Geographic

Learn about the power of science, exploration, education, and storytelling to discover our world.

## 7. edX

Online courses that tends to focus on courses in math, the sciences and engineering.

## 8. iTunes U

If you have an iPhone, iPad, or iPod touch to learn from a large collection of free education from leading schools.

## 9. NASA & Climate Change

Learn about our planet and how to care for it.



## 10. Seterra Geography

Seterra will challenge you with quizzes about countries, capitals, flags, oceans, lakes and more!

## 11. Kent Wildlife Trust

Learn how you can help wildlife and the world.

## 12. Big History Project

13.8 Billion Years of History to Discover!

## 13. Virtual Field Trips ~ for the kid in all of us

Visit and learn about zoos, farms and aquariums.

## 14. Teaching history with 100 Objects

One hundred objects from museums across the UK with resources, information and teaching ideas inspire your interest in history.

# THE JOY OF MUSIC

## 1. The Metropolitan Opera

Watch and enjoy free online streaming of opera performances.

## 2. The Detroit Symphony

Free open archives to watch previous performances.

## 3. Billboard

Live stream and virtual concerts for your to enjoy.

## 4. All Arts

Explore dance, music, film and theater.

## 5. Pandora

Listen to what you love!

# RELAX & READ

## 1. Public Book Shelf

Read poetry, romance, historical and many more genres of books.

## 2. Project Gutenerg

A library of over 60,000 free eBooks.

## 3. Open Culture ~Free Audio Books

1000 free audio books online. Helpful for individuals with mobility or visual impairment.

## 4. Children's Storybooks

Free books for the young and young at heart.



## 5. Bibliomania

More than 2000 free online classic texts.

## 6. Many Books

More than 50,000 ebooks waiting to be discovered.

## 7. San Mateo County Libraries

Local groups and events all online.

# FUN TO BE HAD

## 1. CorePower Yoga

We're giving everyone free access to a new collection of online classes every week so you can keep moving during COVID-19.

## 2. Rumble

Free boxing-inspired fitness classes on Instagram each morning

## 3. Planet Fitness

While the gym chain is closed, it's offering free 20-minute at-home workouts on the company Facebook page.

## 4. Instructables

A community for people who like to make things. Come explore, share, and make your next project.

## 5. DIY Network

Find an array of DIY crafts, kids crafts, holiday craft ideas and more from the crafting experts.

## 6. Learn Excel

Free Excel 2016 tutorial, learn how to create formulas and charts, use functions, format cells, and do more with your spreadsheets.

## 7. Filmed on Stage

Musicals, plays and more free online.

## 8. Cooking Channel

Become your own home chef with recipes, shows and more.

# MENTAL AND SPIRITUAL HEALTH

## 1. Stress and Coping During COVID-19 Pandemic

The COVID-19 pandemic can increase stress, CDC has resources for support and coping.

## 2. Mindful

Free online resources for mindful meditation.

## 3. Mindfulness Association

Free daily online meditation

## 4. Complex Trauma Resources

Resource about traumatic stress reactivated in a time of global crisis



## 5. Breathing Exercises

6 breathing exercises that can help you relax in 10 minutes or less.

## 6. Breathing with Animation

7 mesmerizing animations to help you take a deep breath.

## 7. Coping with Loneliness and Depression During COVID-19

Are you isolated due to the coronavirus and feeling lonely? Here are a number of strategies to help you feel less alone.

## 8.. Stress Management

Steps you can take to relieve stress in your life.

## 9. SAMHSA Coping with Stress During Infectious Disease Outbreak

Signs of stress and steps you can take to alleviate stress.

## 10. Mental Health America Resources

Range of mental health resources and information.

## 11. The Tribe Wellness Community

Free online support community, offers members a convenient and safe place to connect. Numerous groups: LGBTQ, teens, addiction, etc...

## 12. Journaling and Healing

From the Chopra Center ~ How Journaling Can Help You Heal.

## 13. Insight Meditation Center

Our Redwood City partner offering online courses to support our communities.

## 14. SAMHSA Tips

Tips for social distancing, quarantine and isolation

## 15. Staying Connected

Each Mind Matters ~ Community connections in times of physical separation.

## 16. National Alliance on Mental Illness (NAMI)

Information and resources about advocacy, education, support and public awareness.

# SAN MATEO COUNTY SUPPORTS

1. Behavioral Health & Recovery Services (BHRS) ACCESS Call Center:  
800-686-0101, TDD 800-943-2833

2. California Peer Run Warm Line: 855-845-7415

3. Starvista Crisis Hotline: 650-579-0350

4. Crisis Text Line: Text HOME to 741741

5. Disaster Distress Line: 800-985-5990, Text TalkWithUs to 66746

6. COVID-19 PUBLIC CALL CENTER: Call 211 for non-emergency, non-medical questions (food locations, resources).