

Things You Can Do During Quarantine:

1. Follow this 10 minute Qi Gong video. It's brief, very positive, invigorating and soothing. <https://www.youtube.com/watch?v=Ac08kMK-dyl>
2. <http://dailyom.com/>
3. Many, many journeys to take on travel zoo (sacred spaces, nat'l parks) and here is one: <https://www.travelzoo.com/blog/photos-we-love-to-inspire-your-next-trip/>
4. <https://www.nytimes.com/2020/04/07/opinion/coronavirus-mental-health.html>
5. A free course on the science of well-being <https://www.coursera.org/learn/the-science-of-well-being>
6. The Metropolitan Opera is offering free streaming of a different Opera daily. The link is below. You may need to download the Metro Opera On Demand App in the App Store. <https://www.metopera.org/>
7. Attn artists: mainavegalleria@optonline.net
8. A daily dose of encouragement and physical health.myfitnesspal@mfp.underarmour.com
9. SCAN / Social Community Activities Network atarr@scannj.org
10. <https://www.nytimes.com/2020/04/07/opinion/coronavirus-mental-health.html>
11. <https://mailchi.mp/jerseyarts/new-now-april24?e=9ee53ebc8e>
12. <https://time.com/100-women-of-the-year/>
13. Museum Virtual Tours <https://www.departures.com/art-culture/museums-with-virtual-tours>
14. Renewal retreat links: <https://www.youtube.com/watch?v=8lXYZ6s3Dfk>
15. Nutrition: BLUE ZONE COOKING & LIVING
16. Monmouth university book club: <https://www.monmouth.edu/mca/>
17. Live Theater! <https://www.nationaltheatre.org.uk/nt-at-home>
18. Dance! <https://secretldn.com/bolshoi-theatre-streaming-performances/>