

RESOURCES FROM RABBI JON

Articles

Information and Recommendations

Harvard Medical School recommendations

<https://economictimes.indiatimes.com/news/international/world-news/harvard-medical-school-recommends-yoga-meditation-to-deal-with-coronavirus-anxiety/articleshow/74646695.cms>

Emotions and Mental Health

National Alliance for Mental Illness information and suggestions:

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Important/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Emotions relating to caregiving and being separated from loved:

<https://www.aarp.org/caregiving/health/info-2020/preventing-coronavirus-in-nursing-homes.html>

Tips for caregiving:

[https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

Poems for hard times:

<https://www.familyfriendpoems.com/poems/family/hard-times/>

Ceremonies and Rituals

Funeral Home policies during COVID-19:

<http://www.legacy.com/news/advice-and-support/article/funerals-during-the-covid-19-coronavirus-epidemic-how-to-plan>

Self-Care and Play

What to watch instead of the news:

<https://www.vulture.com/2020/03/comfort-shows-binge-watch-coronavirus-quarantine.html>

Recommendations from the CDC on self-care:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

15 Ideas for self-care:

<https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>

Podcasts

San Diego therapist on staying calm during coronavirus pandemic:

<https://www.kpbs.org/podcasts/kpbs-midday-edition-segments/2020/mar/17/san-diego-therapist-staying-calm-during-coronaviru/>

Meditation

YouTube meditations:

<https://www.youtube.com/watch?v=hAvrhxZ5Zvc>

Applications

Pray as You Go: Pray anywhere with others (website and app):

<https://pray-as-you-go.org/home/>

Insight Timer: Meditate and listen to inspirational talks:

<https://insighttimer.com/>

Click to Pray: Pray with the Pope and others from your phone:

<https://clicktopray.org/>

Calm: Listen to stories that calm and soothe:

<https://www.calm.com/>

Prayers and Spiritual Practices

Prayers from T'ruah:

<https://www.truah.org/resources/prayer-for-healing-during-covid-19/>

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"To walk in all God's Ways: gracious, compassionate, abounding in kindness..." Sifre Devarim