

**INSTITUTE FOR SPIRITUAL LIFE & PSYCHOTHERAPY  
HEALING FOR HEART, MIND, & SPIRIT**

*Practicing Sound Self-Care During the COVID-19 Pandemic  
~ Self-Care Practices to Tend the Heart ~*

COPY-AND-PASTE a link into an Internet browser and press “ENTER” or “RETURN.”

OR

RIGHT CLICK when hovering your cursor over the link.

- Get out in nature—take a walk in the woods or on the beach, listen to the birds, sit in the sun, etc.
- Watch some heartwarming animal rescue videos

<https://www.youtube.com/user/TheDodoSite/videos?app=desktop>

- Cultivate the spirit by growing seedlings (and/or tending gardens)

<https://kidsgardening.org/gardening-basics-indoor-seed-starting-qa/>

- Practice laughter meditation with this cute couple (15.5 mins)

<https://www.youtube.com/watch?v=p9jJNhDUQOk>

- See how healthcare professionals use bite-sized stress management techniques on the fly

<https://www.covidcalm.org/>

- Stay physically active during the self-quarantine

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine>

- Surf the Internet for free classes using body-based psycho-spiritual exercises (e.g., Tai Chi, Qigong, Yoga, etc.; as an FYI, Yin Yoga is an oft recommended PTSD-sensitive for of yoga)

[www.youtube.com](http://www.youtube.com)