

**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 Spirit ~*

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

OR

RIGHT CLICK when hovering your cursor over the link.

- Listen to others singing or chanting religious/spiritual text, or do so yourself in your own voice

<https://www.youtube.com/watch?v=IC5nxf6Jq7A> (Psalmody w/ Psalm 46, 2.5 mins)

<https://www.youtube.com/watch?v=ZxiLd5nBTbY> (Jesus Prayer; 31 mins)

Listen, sing and dance to religious/spiritual music of your choosing from around the world—or any kind of music for that matter, as long as it lifts and opens the heart, and gets you dancing. Getting your heart rate and respiratory rate up will also evoke positive emotions, shifting emotional well-being and mood.

<https://www.spotify.com/us/> OR <https://www.youtube.com/>

- Engage in meditation and contemplative practices throughout the day, even if for only 5 minutes at a time

<https://cac.org/> (Brother Richard Rohr)

<https://www.contemplative.org/> (Techniques like Centering Prayer, Lectio Divina, Welcoming Practice, Taize, etc. w/ Rev. Cynthia Bourgeault)

<https://gratefulness.org/> (Gratitude practice w/ Brother David Steindl-Rast and inspirational 5.5 minute video, “A Grateful Day,” found under the *Practice* tab)

<https://jackkornfield.com/compassion-in-the-time-of-coronavirus/> (Compassion Meditation w/ Jack Kornfield; 13 mins)

<http://wisdom2conference.com/live> (Mindfulness Based Stress Reduction practices w/ Jon Kabat-Zinn; varies in duration)

<https://www.youtube.com/watch?v=cIF5UaInS9g> (Meta-Meditation w/ Ram Dass, “I am loving-awareness”; 20 mins)

<https://plumvillage.org/articles/a-zen-masters-tips-for-staying-sane-in-challenging-times/> (Thich Nhat Hahn’s tips for grounding, for creating stillness in mind, heart, spirit)

<https://www.brown.edu/public-health/mindfulness/class/three-community-mindfulness-meditation-sessions-available-zoom-and-telephone> (Free online Mindfulness Based Stress Reduction resources through Brown University website)

<http://www.drjacelangone.com/Online-Resources.php> (Various links to free online resources through Dr. Jace Langone’s website—e.g., Jon Kabat-Zinn, Tara Brach, Kristen Neff, Christopher Germer, Thich Nhat Hahn)

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 Spirit ~

- Christian Specific Meditation & Sleep Enhancement Exercises

https://www.youtube.com/results?search_query=christian+meditation

<https://www.youtube.com/watch?v=QsfOVeIo4AA>

https://www.youtube.com/watch?v=3_YpuIBtAAY

- Christian Based YouTube Resources

<https://www.youtube.com/watch?v=yTGYOGfvygM> ("A Faith that Walks Through the Valley of Virus" with Pastor Rick Warren, 16-week Study)

<https://www.youtube.com/watch?v=mL-f9BTk6lM> (Andy Stanley In the Meantime, 5-part Series)