

- **BE INFORMED, NOT FLOODED**
  - <https://www.cdc.gov/coronavirus/2019-ncov/>
  - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- **ACTIVATE YOUR BRAIN through MEANINGFUL ACTIVITY (Behavioral Activation)**
  - [Exercise daily](#)
  - Practice good [sleep hygiene](#)
- **BE SOCIAL FROM A DISTANCE**
  - Host a [Netflix Party](#)
  - Host an [online karaoke party](#)
  - Play [social games](#) on your phone
  - Join-host an online [book](#) or journal club
  - Engage in [virtual team building activities](#)
- **EXPAND YOUR HORIZONS**
  - [Museum Virtual Tours](#) or [Museum Collections Online](#)
  - [Live Virtual Concerts \(all genres\)](#)
  - [Free Classes from Ivy League Schools](#)
  - [Learn a language](#) (Duolingo)
  - [Broadway Direct Guide to Online-Streaming Broadway Shows](#)
  - [Go on a Home Safari](#) (Cincinnati Zoo) or to the [Zoo Live cams](#) (San Diego Zoo)
- **SELF-COMPASSION**
  - [Practice Self-Compassion](#)
- **COPING RESOURCES ONLINE**
  - [UCTC web site](#)
  - [American Psychological Association Help Center](#)
  - [CDC's Stress and Coping Guide During the Pandemic](#)
  - [Strategies to Cope with Coronavirus Anxiety](#)