RESOURCES FOR SOCIAL ISOLATION

Social isolation can have detrimental physical and mental effects on people. Studies have shown that isolation may increase occurrences of high blood pressure, high cholesterol, elevated stress hormones, weakened immune systems, depression, and anxiety. Conversely, studies have shown that maintaining social contact can help combat those problems. With this in mind, here is a list of things to do while you are stuck at home.

WATCH AND LEARN

· What The Health (Where to Watch)
· The Game Changers (Where to Watch)
· Forks Over Knives (Where to Watch)
· University of California Coping With Stress: Cognitive-Behavioral Stress Reduction
· Nightly Streaming from the Metropolitan Opera

READ

· 10 Mental Health Tips for Coronavirus Social Distancing from Partners in Health
· The Computer Science Teachers Association put together a resource guide for teachers.
· How Not to Die by Michael Greger, MD — the book that started the Brooklyn Borough President’s journey to a plant-based lifestyle
· Strength in Stillness by Bob Roth, on Transcendental Meditation
· The vast trove of books at the New York Public Library
· Tidy up your home with Marie Kondo’s The Life-Changing Magic of Tidying Up

DO

· Guided meditation with Brooklyn Borough President Eric Adams
· Another guided meditation from Black Girl in Om.
· Free online learning resources from Sussman Education:
  · Edmentum’s Study Island
  · Edmentum’s Courseware
  · myON Reader for Elementary and Middle/High Schools
· Five Ways to Boost Your Immune System from Plant-Strong
· Yoga/Mindfulness resources for kids from the DOE’s Yoga and Mindfulness Teacher Preparation Program
· Play a board game…online
· Write a letter to a loved one
· Find yoga, dance, and movement videos on YouTube
· The Brooklyn Conservatory of Music is launching online lessons/classes
· Consider adopting a companion animal! Visiting adoption centers is limited, but if you see a companion animal online that you would like to adopt, you can reach out to arrange next steps.