

Tips and Resources for...		
mySelf	myKids	myCommunity
<p>It's important to practice self-care during these times because it is easy to allow stress and anxiety to be the loudest voices. Here are some links to help you dial down the noise:</p> <p>Separate Home from Work</p> <ul style="list-style-type: none"> • If you're going into work, thank you! Just leave work at the door when you get home. • If you're working remotely establish a routine and stick to it. Read this helpful Work From Home Tips sheet on The WiRE. <p>Keep Calm</p> <ul style="list-style-type: none"> • 8 Ways to Quiet Your Mind and Sleep Better Tonight • Mental Wellbeing • Psychology Today • Anxiety • Wired <p>Eat Well</p> <ul style="list-style-type: none"> • Taste of Home • International Dinners for Kids • Hydrate! Hydrate! Hydrate! <p>Move!</p> <ul style="list-style-type: none"> • Wellbeing Activities To Keep You Energized Throughout The Day • How Habits Really Work: Let's Talk About Habits • Very Well Fit 	<p>Remember, if you are scared and confused, chances are the kids in your life are too. Here are some fun links to keep the boogey man at bay and back away from the crisps and chips:</p> <p>Virtual Playdates</p> <ul style="list-style-type: none"> • If you can, let the kids video call their friends to say hi. • Separated from Gammy and Pop Pop? Say a virtual hello. <p>Fun While Learning</p> <ul style="list-style-type: none"> • Mo Willems' Lunch Doodles • Virtual Field Trips • The Louvre <p>School's In Session</p> <ul style="list-style-type: none"> • Scholastic.com • Science Projects <p>Story Time! (every day on Instagram and Facebook)</p> <ul style="list-style-type: none"> • Penguin Kids Story Time • Harper Kids From Home 	<p>In times like these, it is easy to turn inward and focus on ourselves but now more than ever, we can be the helpers! Here are a few ways you can help your community:</p> <p>Be A Neighborhood Helper</p> <ul style="list-style-type: none"> • Find your neighborhood on apps like Facebook and NextDoor and learn ways you can help locally. • Check on elderly neighbors and neighbors who live alone; but remember to maintain social distance. <p>Give the Gift of a Meal</p> <ul style="list-style-type: none"> • Donate to your local food bank or school feeding program like: Feeding America • Know a neighbor or colleague who are still working onsite every day? Surprise them with the gift of food delivery. Check out these delivery services: GrubHub; DoorDash; UberEats; Deliveroo or FoodHub (UK-based); Zomato <p>Community Service</p> <ul style="list-style-type: none"> • Here are some links to ways you can lend a hand: United Way • Red Cross Blood Donation • Global Volunteers