

RESILIENCE RESOURCES FOR OPD STAFF

Resource	Description/Location	Cost
Breathing		
Relaxing Breathing Techniques	https://www.youtube.com/watch?v=CQjGqtH-2YI	Free
Caregiver Support		
<i>State of Ohio</i>	State of Ohio maintains a page with resources and links to support organizations for Caregivers: https://das.ohio.gov/for-State-Employees/Total-Rewards/Benefits-Overview/Elder-Care#4804359-resources	Free
Creativity Applications		
<i>Brainsparker</i>	This app provides brainstorming exercises to help you get out of a creative rut or unstuck mentally.	Free
<i>Coffitivity</i>	This web-based application (on computer, not a mobile device) recreates the ambient sounds of a café, based on research has shown that such background noises increases creativity! https://coffitivity.com/	Free
<i>Pinterest</i>	https://www.pinterest.com/	Free
<i>Ted Talk by Manoush Zomorodi</i>	https://www.ted.com/talks/manoush_zomorodi_how_boredom_can_lead_to_your_most_brilliant_ideas	Free
<i>Michael Symon – cooking demos</i>	https://www.facebook.com/FoodNetwork/	Free
<i>Jeopardy Labs</i>	https://jeopardylabs.com/	Free
Fitness Applications		
<i>Myfitnesspal</i>	This application tracks calories, food intake, exercise, and provides articles related to fitness and health. Available on iTunes	Free entry level with paid levels thereafter
<i>Yoga for Beginners</i>	This application gives quick and easy yoga workouts for those who are not experienced with the practice but are interested in learning. Available on iTunes	Free, with in-app purchases.
<i>DoYogaWithMe</i>	https://www.doyogawithme.com/	Free
Gaming Applications		
<i>House Party</i>	This face-to-face social network allows you to interact with your friends from a distance. Converse, play games, and stay connected!	Free, with in-app purchases
<i>Left vs. Right</i>	This application keeps your mind sharp with more than 47 games that challenge your mental agility and increase your awareness, adaptability, reflex, reasoning, precision, and patience.	Free, with ads and in-app purchases.
Meditation Applications		
<i>Calm</i>	Listen to pre-set meditation sounds or create your own relaxing background noise with chimes, nature sounds, and instruments.	Free, with in-app purchases
<i>Colorfy</i>	Coloring gives the same benefits as meditation, so this is helpful is traditional meditation is not for you! Use this app to color digital pictures. Available on iTunes	Free, with in-app purchases
<i>Buddhify</i>	Select guided meditations from a vast library of topics and duration. The interface allows for easy exploration to match where you are and how you feel.	\$2.99 or \$4.99 or \$30/annually
<i>Insight Timer</i>	This top rated app guides you in yoga, meditation, sleep, and talks that help with stress relief	Free
<i>21-Day Meditation Experience</i>	https://chopracentermeditation.com/	Free
Mindfulness and Engagement for Kids		
<i>Cosmic Kids</i>	This kid friendly yoga takes kids through simple yoga poses through the re-telling of kids stories and fairy tales. 20-40 minutes in length, the kids learn breathing techniques and yoga asanas while pretending	Free

	they're on an adventure with Anna and Elsa or their other favorite movie and television characters. Available on Youtube	
<i>Mindful Kid Cards</i>	Although there are a number of companies offering similar tools, Little Renegades created kid-friendly mindfulness cards for kids, giving parents and kids strategies for helping little ones cope with the hectic nature of the everyday. www.littlerenegades.com	\$19.99
<i>Lunch Doodles with Mo Willems</i>	Early in the pandemic, Mo Willems—author of the award-winning Elephant and Piggie Series starting hosting 30-40 minute art sessions, where he teaches kids how to draw simple characters and illustrations. There are 15 episodes. Available on Youtube – search “Lunch Doodles with Mo Willems”	Free
<i>Cincinnati Zoo Animal Exhibit</i>	The Cincinnati Zoo (and others host Facebook live sessions highlighting one animal, daily. The videos often remain available for later view on the Facebook platform.	Free
Mood-Boosting Applications for Grown Ups		
<i>Happify</i>	This app measures your well-being and mood, providing games and mindfulness activities, utilizing the latest innovations in positive psychology and CBT	Free, entry level with \$12/monthly options for more advanced features.
<i>Simple Habit</i>	This application uses meditation and mindfulness to maintain wellness and includes guided sleep sessions. Available on iTunes and Google Play	Free, with in-app purchases
Nutrition Support		
<i>CDC Nutrition Guidelines</i>	https://www.cdc.gov/nutrition/strategies-guidelines/index.html	Free
<i>Choose my Plate</i>	https://www.choosemyplate.gov/eathealthy/dietary-guidelines	Free
Relaxation/Sleep Applications		
<i>Headspace</i>	This app provides guided meditations for mindfulness practices and sleep aids.	Free, with in-app purchases
<i>Rootd</i>	This app, which was developed by women and featured in TIME and Women’s Health has an electronic anxiety journal, guided breathing practices, and support for coping with panic attacks. Available on iTunes	Free, with in-app purchases
<i>Daylio</i>	This app is a mood tracker and micro-diary, which allows for quick, two-step entry creation, allowing the user to track their mood over time with mood charts and graphs. It also tracks pro-social activities. Available on iTunes and Google Play	Free, with in-app purchases
<i>Pzizz</i>	Toted as the world’s most advanced sleep and power nap system, the app helps you fall asleep fast, stay asleep and wake up refreshed. Available on iTunes or Google Play	Free entry level version
Resources for State of Ohio		
<i>Employee Assistance Program</i>	Intake, information, counseling referral and support service for state employees and their family members: Visit https://das.ohio.gov/Divisions/Human-Resources/Benefits-Administration/EAP or Call toll free 1-800-221-6327	Free for State Employees
<i>Telehealth</i>	Visit with a licensed therapist or board-certified psychiatrist. Visit www.livehealthonline.com or download the mobile app to create an account	For those Insured through the Stat of Ohio PPO Plans = \$10 copay for all BHS services; for HDHP Plans = costs vary (\$80 – \$175)
<i>Care Line</i>	CareLine call service available at 1-800-720-9616 for all people in Ohio. Behavioral health professionals staff the COVID CareLine 8am-8pm every day of the week to provide confidential support to callers; after 8pm, callers will be connected to the National Suicide Prevention Helpline.	Free
Self-Care Resources		
<i>Self-Care Checklist</i>	https://mcusercontent.com/f7c3e8c5c5cbc6cd069cdec3/images/2dfa7e35-af43-4012-9384-629e333cabb6.jpg	Free

<i>Customized Self-Care Plan</i>	https://www.youtube.com/watch?v=w0iVTQS8ftg&feature=youtu.be	Free
<i>YWCA-Cleveland-31 Days Celebrating Women</i>	https://www.ywca.org/get-involved/31-days-of-womens-impact/	Free
<i>OPD Self Care Suggestions</i>	Self-care suggestions.docx	Free
Virtual Tours (local, state, national, and international)		
<i>The Active Times</i>	https://www.theactivetimes.com/virtual-tour-landmark/slide-7	Free
<i>Refinery 29</i>	https://www.refinery29.com/en-us/2020/03/9576127/free-virtual-tours-online	Free
<i>Lonely Planet</i>	https://www.lonelyplanet.com/articles/virtual-tours-travel-destinations	Free
<i>US National Archives</i>	https://artsandculture.google.com/partner/u-s-national-archives?hl=en	Free
<i>Virtual Tours of National Parks</i>	https://artsandculture.withgoogle.com/en-us/national-parks-service/parks	Free
<i>Yellowstone National Park</i>	https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm	Free
<i>Yosemite National Park</i>	https://www.virtuallyosemite.org/	Free
<i>National Park Foundation</i>	https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park	Free
<i>Smithsonian Natural History Museum</i>	https://naturalhistory.si.edu/visit/virtual-tour	Free
<i>Nature Conservancy Virtual Tours</i>	https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/virtual-field-trips/	Free
<i>Explore's Live Cams (nature)</i>	https://explore.org/livecams/currently-live/decorah-eagles	Free
<i>Cleveland Art Museum</i>	https://www.clevelandart.org/art/collection/search	Free
<i>Toledo Museum of Art</i>	https://artsandculture.google.com/partner/the-toledo-museum-of-art?hl=en	Free
<i>Ohio University</i>	https://www.ohio.edu/museum/art/virtual	Free
<i>Google Arts and Collections</i>	https://artsandculture.google.com/partner?hl=en&tab=pop	Free
<i>Google Arts and Culture</i>	https://artsandculture.google.com/project/openheritage	Free
<i>Google Museums Street Views</i>	https://artsandculture.google.com/search/streetview?hl=en	Free
<i>British Museum, London</i>	https://britishmuseum.withgoogle.com/	Free
<i>Guggenheim Museum, New York</i>	https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv_lng=-73.95907989022696&sv_lat=40.783025217674&sv_h=-44.13250637397214&sv_p=-1.6928949467493055&sv_pid=p5FgoNN6AHkTVWxm-CdNsg&sv_z=0.8361486467469132	Free

National Gallery of Art, Washington DC	https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en	Free
Musee D'Orsay, Paris, France	https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en	Free
National Museum of Modern and Contemporary Art, Seoul, Korea	https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en	Free
Pergamon Museum, Berlin, Germany	https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en	Free
Van Gogh Museum, Amsterdam	https://artsandculture.google.com/partner/van-gogh-museum?hl=en	Free
MASP, Brazil	https://artsandculture.google.com/partner/masp?hl=en	Free
National Museum of Anthropology, Mexico City	https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en	Free
Louvre	https://www.louvre.fr/en/visites-en-ligne	Free
Articles		
On Brain Fog	https://www.vice.com/en_au/article/n7jap8/allostatic-load-is-the-reason-you-feel-anxious-stressed-from-isolation	
On Resilience	https://clevelandrapecrisis.org/resources/resource-library/featured/self-care-for-uncertain-times/	
	https://mcusercontent.com/f7c3e8c5c5cbc6cd069cdec3/images/f6cf5eb1-2405-41e6-86ba-efbf0882e801.png	
	https://enterpriseproject.com/article/2019/5/3-mindfulness-exercises-try-when-you-feel-overwhelmed?intcmp=7016000000h0axaaq	
	https://www.govloop.com/5-resources-for-resilience/	
On COVID Stress	https://www.kqed.org/arts/13876619/self-care-tips-to-get-you-through-the-new-coronavirus-normal	
	https://www.unr.edu/nevada-today/blogs/2020/mental-health-and-coping-associated-with-covid-19	
	https://www.abajournal.com/magazine/article/self_care_stress_anxiety_management	
	https://www.usatoday.com/story/tech/reviewedcom/2020/03/16/10-things-help-you-ease-anxiety-around-coronavirus/5065246002/	
	https://www.mhe-sme.org/covid-19/	
	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html	

