

Resources for Peer Supporters and Those They Support: Education and Entertainment

We are going through an unprecedented time that is challenging all of us to maintain our mental and physical health. While we are mostly confined in our homes, we may feel isolated and-at times-frightened. This is normal. Remember that fear serves a constructive purpose; it helps us to avoid taking chances that might compromise our health. But, let's face it. This indoor isolation can also be BORING! So, below are some resources I use (Todd) that can help you get some ideas to:

- Exercise and get moving to help your mental and physical health
- Practice mindfulness and meditation to help you feel more peaceful and healthier
- Pursue education and entertainment to

Exercise: My suggested site for exercise is a YouTube Channel provided by the YMCA. It is open to all and hosts exercise videos from Yoga to training workouts:

YMCA workout site

<https://www.youtube.com/channel/UCnMjiYuiaJZT7JilnXPo7jQ>

Plug this site into your browser and you should see a number of workouts. Enjoy!

Meditation

Googling "Mindfulness Meditation" will yield countless results. Also searching YouTube is great. I suggest the following as a start:

<https://youtu.be/inpok4MKVLM> 5-minute mindfulness meditation

<https://www.youtube.com/watch?v=O-6f5wQXSu8> 10-minute Anxiety reduction meditation

You can subscribe to "Goodful", the folks who provide meditations and other wellness tips.

Education Links: Colleges all over the world are offering free online classes. You can take courses on just about anything you want simply by getting a free account and signing up. I recommend Edx from those below, but all of the resources are FREE!

- <https://www.edx.org/>
- <https://www.coursera.org/>
- <https://www.mooc-list.com/>

My FAVORITE site: The Internet Archive

<https://archive.org/about/>

Free Membership and ability to download and view

- Computer Programs
- Books, journals, newspapers
- Cartoons, newsreels, etc.

Peer Support Resources

The MHEP Peer Support Warmline is open from 9am to 9pm daily. Online Peer Support groups are now taking place also. Call the Empowerment Exchange at 1-518-235-2173. They will provide link for Virtual Peer Support.

The NYS Office of Mental Health is also offering a support line at **1-844-863-9314:**

Enjoy these resources!!