

# SAA of New York City



————— Workshop Handout —————

**Garment District**  
**Sunday April 5<sup>th</sup>, 3:00 pm**

# OUTER CIRCLE DURING QUARANTINE TOOLS TO STAY ACTIVE AND PRODUCTIVE DURING SELF-ISOLATION

## OUR PROGRAM:

Virtual Meetings - No excuses

[nycsaa.org/card](https://nycsaa.org/card)

Virtual Workshops

[nycsaa.org/events](https://nycsaa.org/events)

Connection with other Fellows

Literature

[nycsaa.org/literature](https://nycsaa.org/literature)

## SPIRITUALITY:

Praying Routine: Consistency and Practice

<https://blog.spiritualify.com/4-tips-to-help-you-manage-spiritual-isolation/>

## BODY & SOUL

### MENTAL HEALTH:

NYC is here for you

<https://nycwell.cityofnewyork.us/en/>

### **Therapy**

Free (or Free Intro Session) Therapy:

<https://www.7cups.com>

<https://www.betterhelp.com/advice/therapy/get-free-online-therapy-should-you-use-free-counseling/>

### **Meditation**

How Meditation Can Help Us Survive COVID-19 Social Distancing

[https://journeymeditation.com/how-meditation-can-help-us-survive-covid-19-social-distancing?mc\\_cid=101f422f52&mc\\_eid=d419c6c700](https://journeymeditation.com/how-meditation-can-help-us-survive-covid-19-social-distancing?mc_cid=101f422f52&mc_eid=d419c6c700)

Best Apps to Meditate:

<https://www.independent.co.uk/extras/indybest/gadgets-tech/phones-accessories/best-mindfulness-apps-a8217931.html>

Best Podcast to Listen to when Meditate:

<https://www.verywellmind.com/best-meditation-podcasts-4771686>

### **Journaling**

Consistency and Discipline: Beginning and/or End of the Day

11 Journaling Tips For People Who Are Absolutely Terrible At Keeping A Journal:

<https://www.bustle.com/p/11-journaling-tips-for-people-who-are-absolutely-terrible-at-keeping-a-journal-15514789>

### **Reading Books + Audible**

Stores are closed: Online local stores + Ebay + Amazon etc

How to listen to audiobooks and where to get them: a beginner's guide:

<https://www.nbcnews.com/shopping/lifestyle/audiobooks-guide-how-listen-audiobook-n1134076>

For your kids:

<https://www.mentalfloss.com/article/622397/free-audible-audiobooks-available-online>

### **Select who you talk to and How/Why/When**

Quality and Support VS Quantity and Negativity

## PHYSICAL HEALTH:

### **Eating**

20 easy ways to manage stress eating during quarantine

<https://www.latimes.com/lifestyle/story/2020-04-03/stress-eating-during-coronavirus-quarantine>

7 tips to keep healthy while in isolation or quarantine

<https://www.eufic.org/en/healthy-living/article/7-tips-to-keep-healthy-while-in-isolation-or-quarantine-covid-19>

### **Solo Runs/Walks outside + Home workouts**

Ask your Trainer + Gym + Yoga Instructor + Fitness fanatic friends

125+ Free Streaming Workouts to Do From Home During Coronavirus

<https://parade.com/1011717/jessicasager/best-free-workouts/>

BOSTON Virtual Classes

<https://www.bostonmagazine.com/health/2020/03/16/virtual-fitness-classes-boston/>

Peloton (free classes)

<https://www.theverge.com/2020/3/16/21182267/peloton-workout-app-trial-at-home-subscription>

### **Dance**

#### **OTHERS:**

- Learning how to Cook (like an Italian ;-)
- Learn a Language: (Try DuoLinguo)
- Learn a new Skill
- Cleaning and Cleanse your space (room) and home for Mental and Physical Serenity
- Go to a Museum Online for Free
- Watch MetOpera for Free
- Clean up your email + desktop
- Podcasts
- Getting Licensed (for literally anything) from Real Estate to Notary.
- Work and Learn a side job/gig for moments of Financial Insecurity

And what about you?

What is something that you have been wanting to do for a while, but you told yourself: "I wish I had the time for it". Well, now you do have all the time!

Let's Go. This is an incredible opportunity to work on yourself while life is "frozen":

Send me your thoughts and questions by email to:

[jamesaanyc@gmail.com](mailto:jamesaanyc@gmail.com)

**NOTE: SAA in NYC does not endorse, finance or oppose any of the above non-SAA material. The views reflected on this document are the ones of the SAA member who presented the workshop. The SAA member who presented the workshop does not speak for SAA.**