

Wellness Resources for Staff From Diversity, Equity, & Inclusion Committee

Resources for staff to process, heal, and navigate during the Coronavirus pandemic.

Mental and Physical Health Resources

[How to Prevent Loneliness in a Time of Social Distancing](#)

[Secondary Traumatic Stress and Self-Care Packet](#)
[350+ Free Full Length Workout Videos for At Home Training](#)

[11 Therapy Podcasts That Offer Professional-Level Self-Care From The Comfort Of Your Own Home](#)

[Kid Yoga Videos](#)

[Coronavirus: The Psychological Trauma and PTSD Event](#) from *Psychology Today*

[Coronavirus Has Upended Our World. It's Ok To Grieve.](#) from NPR

[East Bay Meditation Center](#) - lots of online meditation sessions that are free or donation-based

Miscellaneous Lists

[Easy "classic American" comfort food recipes](#) by Food Network

[California nature webcams](#)

[Coloring book pages from Views of San Francisco](#) by Parks Conservancy(!)

Safety Resources

[Conservancy's safety Sharepoint page](#)

https://soundcloud.com/the_sharp_end/psychological-first-aid-ep-34 - Podcast about Psychological First Aid and Stress Injury