

A List of Hopefully Helpful Resources for Thriving During COVID-19

Stress:

- *Breathing* is a natural process that doesn't take a second thought. Or any thought for that matter. However, more and more research supports that taking time to bring your attention to your breath can be an effective tool when managing stress.

Geek out here: see page 78 for diaphragmatic breathing

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.851.7680&rep=rep1&type=pdf>

Share box breathing methods with your kids here:

<https://www.youtube.com/watch?v=YFdZXwE6fRE>

Health:

- *Exercise* should be a non-negotiable any day, but especially while practicing social distancing. Getting outside to get exercise would be a big help. Maybe you're staying away from parks but a walk outside can be a big boost in your daughters or son's well-being.

Geek out here: find a library of research supporting getting your kids outside

<https://www.childrenandnature.org/learn/research/>

Share and watch a video featuring "Last Child in the Woods" author Richard Louv here:

<https://www.pbs.org/video/children-in-nature-zcdjlw/>

Online-Education Resources:

- For Washoe County School District families. This morning I received an email from the district with updated dates for their upcoming timeline, seen below.
 - Friday, March 27 – Tuesday, March 31: Distance Learning curriculum will be made available to families via paper packet distribution and online.
 - Monday, March 30 and Tuesday, March 31: Teachers will receive professional development training.
 - Wednesday, April 1: Distance Learning will begin.
 - Thursday, April 16: School buildings are scheduled to reopen as per Governor Sisolak's directive. However, this is a fluid situation. We must obtain the final authority from statewide medical officials before schools across Nevada are permitted to open.
- Visit the website here: <http://www.washoeschools.net/covid19>
- Contact them here: covidquestions@washoeschools.net

