



## GME Wellness Sub-Committee Newsbyte

### Love in the Time of COVID

In the last few months, wellness and self-love have taken on new meanings. There seem to be more inward struggles to handle now more than ever. Managing new stresses at home and work and concerns about our families and local communities requires insight, skill, and diligent effort. We want to take this opportunity to highlight several ways that you may find supportive of your physical, mental, and emotional well-being.

#### Exercise:

1. Peloton workout app: free 90-day trial with HIT, cardio, strength, yoga, and meditation classes
2. Pure barre on demand
3. Learn more yoga with YogaRenew's online certification classes
4. We are lucky to have numerous trails and the coast is not too far away. Take a day trip out to the beach to get some fresh air while engaging in social distancing.

#### Meditation:

1. Headspace is offering free trials for healthcare professionals
2. Daily: Join Tallahassee Chan Center on Zoom for group meditations and Dharma talks
3. Sunday, Wednesdays, and Thursdays: The Drepung Loseling Tibetan Buddhist Monastery in Atlanta hosts online meditations and teachings.

#### Dance:

*Many dance studios are offering classes over Zoom*

1. Every Friday: Afro in Heels (London-based dance studio) hosts online dance classes
2. On demand: Dance 101 studio in Atlanta has various online dance classes from ballet to soca
3. Various dates: Doonya's online classes: learn Bollywood dance while burning some calories
4. Every Friday: New York Theater Ballet releases performances on *The Living Room Series*

#### Music:

1. Daily: Lincoln Center At Home - daily pop-up performances, classes, and films
2. Tune into many artists' live streams

#### Theater:

1. Weekends: Tune into Youtube's *The Shows Must Go On!* Where Andrew Lloyd Webber's most famous musicals will be broadcast

#### Cinema:

1. July 3rd, 2020 : Hamilton the movie will be released on Disney Plus!

#### Hobbies:

1. Redecorate your space - few new houseplants, gardening, or long over do renovations
2. Paint like van Gogh - there are numerous Youtube tutorials for painting and drawing
3. Cooking - invest in a new cookbook and enjoy, they are numerous food delivery services available to delivery groceries and supplies straight to your door
4. Reading - support a local business and buy your next book from Midtown Reader, which is offering free home delivery in Tallahassee.

#### Stay connected:

1. We are lucky to live in a time where connecting with loved ones who may be thousands of miles apart is possible
2. There are numerous apps offering free video connections such as zoom Facebook and FaceTime
3. It is now more important than ever to maintain connections to friends and family while personal interactions are limited