

POSITIVE WAYS FOR RESPONDING TO COVID-19 PANDEMIC
University of California, San Francisco
Department of Psychiatry and Behavioral Sciences (2021)

Maintaining Physical Activity

- Planet Fitness live streams classes everyday at 4pm PST, 7pm EST: <https://www.facebook.com/planetfitness/>
- J&J Official 7-Minute Workout is a free workout library containing 22 preset workouts, varying in intensity and duration. Workouts are designed to fit your schedule and range from 7 to 32 minutes in length. playgoogle.com
- [Wakeout](http://wakeout.com) comes with hundreds of exercises you can do right at your desk, such as yoga, chair exercises, and hand health exercises to stay productive, energized, and healthy. wakeout.com
- [YogaWorks](http://yogaworks.com) offers around 80 live streaming, high quality free classes each day.
- [Do Yoga With Me](http://yogawithme.com) and [Yoga with Adrienne](http://yogawithadrienne.com) offer free yoga videos for everyone. yogaworks.com
- [Down Dog Yoga](http://downdogyoga.com) is free to all until May 1. If you are a student or teacher, Down Dog is free until July 1 when you register with your school's domain. downdogyoga.com
- [Core Power Yoga](http://corepoweryoga.com) offers free classes online. corepoweryoga.com
- [Zumba dance concert videos](http://zumbadanceconcert.com) offer great work YouTube.com
- [Peloton](http://peloton.com) is offering a 90-day trial of their digital membership, which offers streams of live/recorded group classes from a closed set. (It doesn't require their bike to access classes on cycling, strength training, yoga, and meditation. onpeloton.com (classes))
- [The Workout.Today](http://theworkout.today) is a daily email newsletter with a free workout that you can do at home. They are also offering live yoga and live workouts during this time. TheWorkout.Today.com
- [UCSF Fitness Center](http://ucsf.edu) is offering over 115 daily live classes for the entire UCSF community. No membership required. <https://campuslifeservices.ucsf.edu/fitnessrecreation/services/membershiponpeloton.com>

Meditation

- Health Journeys has [free meditations](http://healthjourneys.com), includes guided meditations in Spanish. healthjourneys.com
- The [Wheel of Awareness](http://wheelofawareness.com) is a more visual meditation by Dan Siegel, MD. wheelofawareness.com
- The [UC Berkeley Greater Good Science Center](http://greatergood.berkeley.edu) offers practices some live mini webinars. <https://greatergood.berkeley.edu>
- [The Healing Mind](http://thehealingmind.org) led by UCSF's Martin Rossman, MD, provides [stress and fear-reducing guided imagery meditations](http://thehealingmind.org) to help with COVID-19 stress and anxiety. <https://thehealingmind.org>
- [Online Insight Meditation Sessions](http://www.dharma.org/retreats/retreat-center/ims-online/): For further live, free online meditation classes please see this frequently updated database with classes led by highly experienced teachers at all times of the day. <https://www.dharma.org/retreats/retreat-center/ims-online/>

- [Mindfulness-Based Stress Reduction \(MBSR\)](https://osher.ucsf.edu/public-classes/mindfulness-based-stress-reduction-mbsr): Provided by the UCSF Osher Center, MBSR is an eight-week program that introduces you to mindfulness practice in the form of sitting meditation, body awareness, and mindful movement, modeled by Jon Kabat-Zinn, PhD. <https://osher.ucsf.edu/public-classes/mindfulness-based-stress-reduction-mbsr>
- [Laughter Yoga](https://osher.ucsf.edu/public-classes/laughter-yoga): Provided by the UCSF Osher Center, this free class involves deep breathing, stretching, clapping, and laughter exercises. <https://osher.ucsf.edu/public-classes/laughter-yoga>
- [Guided Imagery and Meditation Resources](https://osher.ucsf.edu/public-classes/laughter-yoga): Recordings for health promotion and personal empowerment from the UCSF Osher Center. If you are interested in an individualized guided imagery sessions, contact the Osher Center Clinic to schedule at (415) 353-7720. <https://osher.ucsf.edu/public-classes/laughter-yoga>

Mind-body movement for restoration and relaxation

- [Qi Gong to Enhance the Immune System](http://healerwithin.com), by Roger Jahnke, OMD, contains free short practices that are beginner friendly. More programs are available at the [Healer Within Community](http://healerwithin.com). healerwithin.com