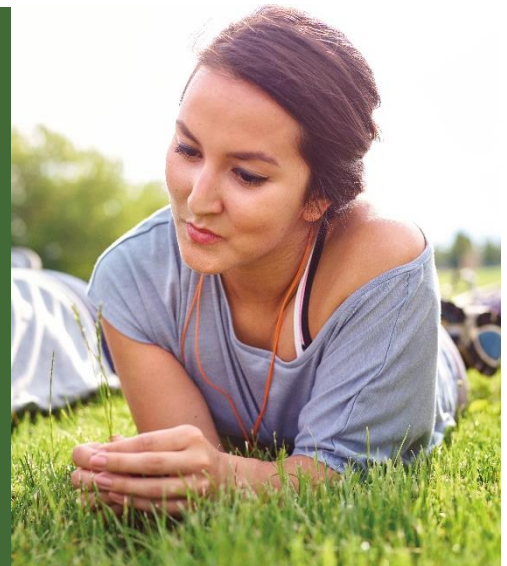


# Coping with COVID-19 & Beyond

Resources and Links



Press Control + Click to follow the links to resources that may provide help or inspiration to living well

## Wellbeing

[One Moment Meditation](#) How to meditate in a moment.

[Skillshare](#) Classes to spark your creativity (two months free trial).

## Prevention

[Hand Sanitizing and Washing](#) Prevent illnesses and the spread of infection.

[Social Distancing and Self Quarantine](#) What does it mean and how do I stay connected?

## Community

[Volunteer in Your Community Safely with Covid-19](#) What you can do.

[211](#) Putting you in touch with your local services.

[PBS Learning](#) Inspire your kids.

## Fitness

[Exercises at Home or On the Go](#) Practice a healthy lifestyle.

[YMCA](#) Maintain mind, body and spirit from the comfort of your home.

## Financial

[EDD State of California](#) Covid -19 updates.

[Dave Ramsey Budgeting Basics](#) How to make a monthly budget that works.

[Federal Deposit Insurance Corp](#) Consumer and banking information.

## Healthy Eating

[10 Tips for Healthy Eating](#) Keep your nutrition in check when your home is your office.

[Fridge to Table Recipe Builder](#) Cooking with pantry items.