

Resources to Increase Your Immunity and Maintain a Positive Attitude during the COVID19 Shelter at Home

Read books (listed by author):

Now we have so much time to turn off the TV, remove ourselves from social media and screen time and get lost in some good books. I have listed them by author and their websites but they are also available on Amazon to purchase. They are all prolific writers so check out them out and see what inspires you:

1. **Max Lucado:** You'll Get Through This book: <https://maxlucado.com/products/youll-get-through-this-hope-and-help-for-turbulent-times/>
2. **Brene Brown:** Any of her books and TED talks: <https://brenebrown.com/>
 - i. -The Courage to be Vulnerable **movie** on Netflix (*it's really good!*): <https://www.usatoday.com/story/life/tv/2019/04/19/brene-brown-call-courage-netflix-vulnerability/3497969002/>
3. **Dr Dan Allender:** He has written quite a few books and he has online learning courses that are wonderful: <https://theallendercenter.org/>
4. **John & Stasi Eldridge** at Ransomed Heart Ministries: Download their AP for daily doses of life wisdom and check out his many books – (I've read them all) his wife Stasi Eldridge has written two books as well which are fantastic for women especially. They are on Facebook LIVE everyday right now through the COVID19 shelter in place season. <https://www.ransomedheart.com/>
5. **Ann Voskamp:** One Thousand Gifts; Daily Sticky Notes for the Soul: Blog is fantastic!!! <https://annvoskamp.com/2020/03/the-proven-way-to-get-through-a-pandemic/>
6. **Dr. Rachel Naomi Remen, MD:** Kitchen Table Wisdom <https://www.amazon.com/Kitchen-Table-Wisdom-Stories-Anniversary/dp/1594482098>
7. **Viktor Frankl:** Man's Search for Meaning <https://www.amazon.com/Mans-Search-Meaning-Viktor-Frankl/dp/080701429X>

Journal:

There's much to be said for picking up a pen and having a nice journal to write down your day, your trials, joys and stories that make up your journey through this COVID19 stay at home season.

If you are looking for a digital journal (which I use) check out:

Day One APP – it's really neat and you can upload photos and even create your own bound book at some point. <https://dayoneapp.com/>



APPS: Here is a collection of apps you can download on your device(s) that will help you pause, calm anxiety and facilitate meditation:

Calm <https://www.calm.com/>

Breethr <https://apps.apple.com/us/app/breethr-meditation-sleep/id920161006>

Pause <https://www.pauseapp.com/>

Abide <https://abide.co/>

You are healthy and want to help or you need help?

Check out this brand new opportunity:

SHOW UP NOW: <https://showupnow.com/>



Nature: Get outside and walk, hike or if you have a yard just take meaningful time to sit in nature and breathe deeply of the fresh air.

Exercise: There are so many online fitness and home workout programs rights now. Something kind of fun is there are a lot of celebrities on Facebook doing live dance and workout routines from their homes. I have found some of these absolutely hilarious.

Derek Hough

Michael Buble

The Kelly & Ryan Morning Show

How about learning to dance with some of the Pros from Dancing with the Stars:

Maksimo and others - just type in their name on Facebook and you can click on some FREE dance classes.

Music: So much of our memory and the way we LIVE life is through music. Again there are quite a few Musicians doing live Facebook sessions from their homes singing and sharing what's going on in their worlds. A great way to get to know your favorite musicians personally. Just type in the name of some of your favorites and follow them.

Create your own station or listen to your favorite musician on one of these platforms. Liven things up to get your body moving by doing a dance party in your living room with the whole family. To calm anxiety or help you fall to sleep? These APPS have many options that will suit your listening pleasure.

Pandora

iTunes

Spotify

Bring out old family videos and CD's



Laugh: We need to laugh right now and increase our happy endorphins! Here are some ideas:

Comedy movies on Netflix, Amazon or cable

Share family stories that make you laugh

Literature that is funny – if you type in Comedy in Amazon all sorts of things will come up for ideas

Connect: We are blessed to live in a world with so much technology that makes it easy to Facetime, Skype, Zoom or ???

Choose a platform that works for you and reach out to neighbors, family, friends or caregivers and just share what's going on, how you're feeling, what's on your heart. 15 – 20 minutes a day of intentional connection and relationships does much to increase your mood and productivity.

Aromatherapy: is often used as a natural remedy to relieve anxiety and stress. Find out which essential oils you can use for anxiety symptoms. Click here to learn more about several essential oils and their benefits: <https://www.psychologytoday.com/us/blog/urban-survival/201604/six-aromatherapy-essential-oils-stress-relief-and-sleep>

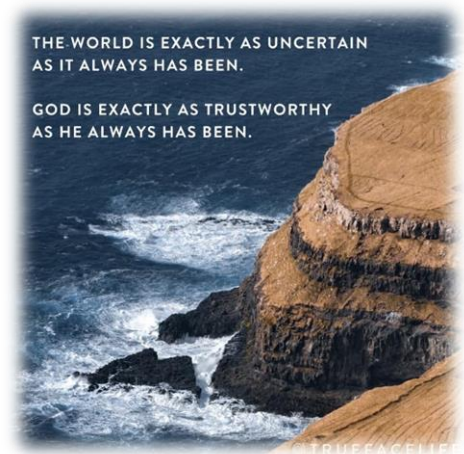
Spirituality: Throughout history we have seen connecting actively with one's spirituality or religious faith can be a strong anchor and comfort during times of plagues, wars, natural disasters etc.

Many churches are live streaming their services for parishioners and if you research your particular faith tradition on line there are a plethora of options to engage you and support you while you are at home.

Be intentional about taking time each day to talk with God, love to listen to his people.

Meditate – this calms the mind and helps us to focus on healthy things.

Join a prayer group - this helps many people to know they are not alone.



Learn something new: Now you have the time to learn that language, study history and learn to play piano. There are all sorts of online courses you can take. One I like is:

The Great Courses <https://www.thegreatcourses.com/>

Virtual Field Trips with Links

1. San Diego Zoo - The [San Diego Zoo](#) has a website just for kids with amazing videos, activities, and games. Enjoy the tour!
2. Yellowstone National Park Virtual Field Trip - [Mud Volcano](#), [Mammoth Hot Springs](#), and so much more. Tour [Yellowstone National Park](#)!
3. MARS!!! [Explore the surface of Mars](#) on the Curiosity Rover. They are updating from WEBVR to WEBXR now, but [360 Mode](#) offers a digital view!
4. Animal Cameras
 - o [Live Cams at the San Diego Zoo](#)
 - o [Monterey Bay Aquarium live cams](#)
 - o [Panda Cam at Zoo Atlanta](#)
 - o [6 Animal Cams at Houston Zoo](#)
 - o [Georgia Aquarium](#) has [Jellyfish](#), [Beluga Whales](#), and [more](#).
5. Virtual Farm Tour - This Canadian site [FarmFood 360](#) offers [11 Virtual Tours](#) of farms from minks, pigs, and cows, to apples and eggs.
6. U.S. Space and Rocket Museum in Huntsville, AL - See the [Saturn 5 Rocket](#) on [YouTube](#) and more on this tour thanks to a real father/son outing.
7. Discovery Education Virtual Field Trips - A few of the field trip topics include [Polar Bears and the Tundra](#), [Social Emotional Skills](#), [STEM](#)
8. The Louvre - Travel to Paris, France to see amazing works of art at [The Louvre](#) with this virtual field trip.
9. The Great Wall of China - This [Virtual Tour](#) of the [Great Wall of China](#) is beautiful and makes history come to life.
10. Boston Children's Museum - Walk through the [Boston Children's Museum](#) thanks to Google Maps! [This](#) virtual tour allows kids to explore 3 floors of fun.
11. Museums you can visit online:
<https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>
 - o Parents be aware of possible artistic nudity in some art museum tours
12. BellaNova Ballet School- free classes via Facebook Streaming
13. Shark Story Hour @ 10AM- Atlantic White Shark Conservatory via Facebook
14. Cincinnati Zoo everyday @ 3PM features an animal and activity via Facebook
15. *Other virtual field trips may be approved in addition to these during teacher check ins*

april #BETHEGIFT #SHOWUPNOW

"Maybe the only abundant way forward is always to *give forward*."
-ANN VOSKAMP

- APR 1** Be the fool today who loves large: pay for something for someone else, leave a love note or text. Right now? The world needs more happy fools for love!
- APR 2** Share a book, a quote, a verse with someone today. Just a few words in some way—because we speak words that make souls stronger.
- APR 3** Deny yourself of one thing today—so someone else can have more: more of your time, more of what they need, more love.
- APR 4** Decorate the outside of your house in some way: string some lights, make a poster, tie some balloons on the mailbox, decorate the sidewalk—add a little joy & beauty to your neighborhood.
- APR 5** Hand out as many compliments as possible today.
- APR 6** Send a gift card for coffee/tea to a teacher who needs an April reminder that they are seen & appreciated in days like these.
- APR 7** Take 15 minutes to do that job around the house that's been waiting to be done. Bless your people.
- APR 8** Because Easter will look different this year—use some of the funds that would have been spent on new Easter outfits to personally connect with a local family in need over at www.ShowUpNow.com
- APR 9** Walk around your neighborhood and pick up litter.
- APR 10** Find a way to die to your agenda today to serve someone. Fill silences with confession.
- APR 11** In the in-between space of today, stand in the gap in prayer for someone hurting.
- APR 12** Fill the world with celebration today: Give out balloons, send cards, arrange some flowers, spread joy today. Easter People Celebrate!
- APR 13** Let go of something you are carrying against someone today. Easter People believe grace rolls away stones.
- APR 14** Live as the Easter People! Turn music loud (Handel's Messiah?) & dance with joy!
- APR 15** Give in the smallest or the largest way possible to just one charity today. Easter People believe there is always abundance.
- APR 16** Resurrect a relationship—reach out with a note or a phone call to someone who wouldn't expect it.
- APR 17** Prepare a basket of joy. Deliver to the doorstep of someone in need of being remembered.
- APR 18** Write a card to someone in a nursing home who can no longer receive visitors. Let them know they are remembered and loved.
- APR 19** Make a fresh batch of lemonade/cookies/anything and deliver to your neighbors. Resurrect community.
- APR 20** Leave a note at the mailbox for your mail carrier—let them know that their work is appreciated.
- APR 21** Forgive someone. Genuinely. Resurrect redemption.
- APR 22** Find one way to say thank you to a someone today. Especially in days like these, Easter People are deeply thankful people—eucharisteo!
- APR 23** Give the ministry of presence today & show up for even 5 minutes at www.ShowUpNow.com to pray for someone. Be with people in prayer—like God is with us now, in us now. With-ness breaks brokenness.
- APR 24** Have a virtual dinner date with someone. Call them up and connect via the screen & share a meal together.
- APR 25** Love the other—reach out with encouragement to someone who thinks/lives/is different than you today. Easter People are about shalom!
- APR 26** Give someone the gift of genuinely undivided attention today. Screen call someone and have a cup of coffee together. Look in their eyes. Souls matter.
- APR 27** Sit with someone's brokenness today. Even from a distance, really listen. Really pray. Do not be afraid of broken things—Christ is redeeming everything.
- APR 28** Write a thank you note to one person who is changing your life. Celebrate resurrection happening in you!
- APR 29** Connect with one person, one story, being shared at www.ShowUpNow.com & leave them an encouraging line or two, meet a need over there prayerfully or practically!
- APR 30** How can you live given today? Do it in hidden ways. This is how to grow greatly in the Kingdom of God.

WWW.SHOWUPNOW.COM | WWW.ANNVOSKAMP.COM