

**Below are ideas shared by community partners
in regard to how they are handling this situation.**

We are all in this together.

...See if any of these can be helpful for you.

TAKE CARE OF YOURSELF

- **Secia Larnce, Health Specialist for the Carole Robertson Center for Learning**, shared a guide with their team on [Quelling Anxiety and Managing Wellness During Quarantine](#).
- **Nicole Seidlitz, Director of Development at Habitat for Humanity**, shared that her family has a gratitude basket they discuss daily. Their goal is to be aware of new experiences that may not have happened if they weren't staying home right now. Some things in the basket include:
 - Walks with our very senior dog – she is SO happy.
 - Ordering out from local restaurants on a weeknight.
 - Her daughter Facetiming with a friend from camp who she hasn't been able to talk to in almost a year.
 - Playing a walking game that Nicole's dad taught her that she hadn't thought about or played in at least 30 years.
According to Nicole, the walking game, Stinkfish, goes like this:
"When concrete pavers put in the sidewalk, they leave a stamp. It's called a "stinkfish." My dad probably made it up since the stamp is fish-shaped. As you walk down the street, the idea is to silently identify the stinkfish and then not walk on the square where it's at. If you walk on a square with a stinkfish, you get a point. If you walk around a square that doesn't have one, you also get a point. My 11 year old eagerly walks to play this with us now.
- Notice your surroundings and all the beauty that is being created!

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Sharing Community Practices

A picture that Lori Naumowicz, Principal at Thomas Middle School in Arlington Heights, passes on daily walks in her neighborhood.



Positive signage in Glencoe:



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Outside of the **Gorton Community Center** in Lake Forest.



- Many organizations are encouraging employees to stay well while working from home with some of the free programs mentioned below.
 - **Peloton** – Peloton has extended its free trial membership to 90 days. As a Peloton rider myself, I can tell you this app is amazing! Best part? *You don't have to have a Peloton bike.* You can enjoy resources on cycling, outdoor running, treadmill runs, strength training, HIIT classes, yoga classes, boot camp, meditation, strength training and stretching. You can find more information [here](#).
 - **Grokker** – Grokker is known for their high-end video content and wellbeing programs. This includes fitness classes, yoga classes, nutrition and cooking classes for your physical wellbeing. The app also includes stress reduction, meditation and sleep programs that can support you with your mental health. Access your free trial [here](#).
 - **Headspace** – Headspace is known for its app for mindfulness and meditation. During the COVID-19 outbreak, they are offering a limited subset of content completely free to all. This content can be accessed online or on the app. Click [here](#) for details.

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Sharing Community Practices

- **Down Dog** – This is a collection of apps including Yoga, Yoga for Beginners, HITT, Barre, and 7 Minute Workout. These apps are all free through May 1st. Start your class [here](#).