**The Self-Care Corner!**

**Mind**

* Struggling with stress and anxiety during quarantine and isolation? Click [**here**](https://www.camh.ca/en/health-info/mental-health-and-covid-19#quarantine) to read a CAMH article that supplies coping resources.
* Click [**here**](https://www.utoronto.ca/news/seven-tips-staying-grounded-world-grapples-covid-19-u-t-expert) to see 7 Tips for Staying Grounded, brought to you by University of Toronto.
* If you’re seeking new reads, click [**here**](https://www.cbc.ca/news/canada/nova-scotia/covid-19-e-book-discounts-canada-publishers-1.5504740) for a list of e-books at a reduced price!

**Body**

Looking for at home workouts to keep you moving and active? Check out the following links for free workouts you can do at home.

* Download the Nike app for free workouts as well
* Check out @bcyclespin on Instagram, they provide 4 workouts each day on their Instagram live or click [**here**](https://www.instagram.com/bcyclespin/?hl=en)
* Click [here](https://www.popsugar.com/fitness/free-online-yoga-videos-during-coronavirus-outbreak-47323318) to find several Yoga instructors, and different formatted online classes. Hopefully there is a routine that is right for you.
* Yoga isn’t your thing? [**Here**](https://www.cnbc.com/2020/03/16/best-home-workout-streaming-services-to-try-during-covid-19-pandemic.html) is a list of other workout platforms offering free trials, or free workouts you can do at home
* YMCA is also offering free online workouts for all fitness levels, enjoy by clicking [**here**](https://ymcanyc.org/ymca-home).