

Positive Pulse


Your monthly dose of advice on healthy living

**March 2020
BONUS EDITION**

**There's No Place
Like Home
(Part II)**



We're back this month for more tips on healthy living! We're sending



three issues this month due to the current effect of the coronavirus. The first topic is how to relieve stress and stay productive and happy during the voluntary quarantine we are all experiencing due to COVID-19.

- Though we are all disrupted from normal activities, it doesn't mean we need to be completely isolated and bored. There are many forms of entertainment available.
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Stay Entertained at Home

Stay in Touch

- Do your best to stay in touch with those you care about using technology.
- Use phonecalls, Facetime, Skype, Google Hangouts, text, email and social media to stay in touch with others and stave off feelings of isolation.
- Make sure to check in on others who may need assistance obtaining necessary items during their self-quarantine.

Go For A Walk in Nature

- The virus is spread through contact with infected people, so you don't have to stay indoors as long as you don't interact with people.
- It is important to continue moving around to stay healthy!
- Take a nice walk with those already in your household or with your pet and enjoy the spring weather.

Knock Out Some To-Dos on Your List

- Doing the same thing for days will probably make you stir-crazy.
- A better way to stay active and focused? Get on that to-do list you've been putting off forever.
- Anything you've said, "I'll do that when I have time." Well, now you have time.
- When we procrastinate on projects, that causes stress. So as you start to tackle those projects, it can help reduce stress as well as help you feel like you're doing something.
- Even though we may not be doing anything productive about coronavirus in particular, tackling even little projects can feel good.

Learn a New Skill

- Not only will picking up a new skill help pass time and give your brain a workout, but doing new things is its own stress buster.
- There is plenty of research that shows when we learn something new and do

something that allows us to grow, it can be very powerful.

- [Learn a language](#), [learn how to cook](#), or even [learn how to put on fake eyelashes](#). Whatever you've been wanting to learn, now is the time to do it!
- Many online classes and seminars are free and can be done from the comfort of your couch. Try [Udemy](#), [courses offered through colleges](#), or use [Lynda](#) through your library. There are so many options, the hardest part will be deciding which skills to take on.

Bond with Animals

- Give your pets extra love and attention now that you can spend more time with them.
- Go on an extra long walk with your dog to make up for being cooped up inside all day.
- [Try teaching your dog a new trick](#).
- [Watch live streams from various zoos and aquariums across the country](#).
- Take cute photos and videos of your pets and share them with your loved ones. It will brighten everyone's day!
- Don't have a pet? [Check out some of these cuties](#).
- [You can also consider fostering an animal if you have the means](#), as many shelters are struggling during these times.

Be Creative

- Start a journal, write a poem, short story, or even a novel!
- Doodle, [paint](#), or [make a craft!](#)
- Make a card for someone you live with to show them you care or send a picture of a card to someone outside your household.
- All dressed up but no where to go? Have your own fashion show!
- Paint your nails fun colors and [go really bold with your manicure!](#)

“Visit” a Museum

- Many museums around the country are offering free online digital tours. Check out museums from around the world from the comfort of your couch.
- [The British Museum](#) provides an in-depth tour of its many galleries that includes Egyptian mummies.
- The National Gallery of Art is offering virtual tours of two exhibits the get a fix of culture: [American fashion from 1740 to 1850](#) and [the works of Dutch Baroque artist Johannes Vermeer](#). Moreover, the [NGAkids Art Zone](#) offers interactive artwork shops and activities for kids.
- The J. Paul Getty Museum is offering two exhibits apropos of our current condition: [Heaven, Hell, and Dying Well](#) that investigates death during the Middle Ages and Eat, Drink, and Be Merry that celebrates food during the Middle Ages and Renaissance.
- The Van Gogh Museum in Amsterdam is providing guests with a peek into [Vincent van Gogh's love life](#) as well as a look into [van Gogh's books](#).
- [The TATE Modern](#) in London offers interactive games, quizzes, and art for kids designed to inspire their imagination and enhance cultural knowledge.
- [Google's Arts & Culture collection](#) can take you on virtual tours of hundreds of museums around the world, from Japan's Nagoya City Art Museum to Ford's Theatre in Washington, DC. Within each you may find one or more "stories" you can browse. You can sort the collection alphabetically or view them on a map. One particularly great example: [Posters from History's Greatest Illusionists](#) at the American Museum of Magic.
- [Looking for more? Check out this list](#).

Take Some Time to Read

- Read some books you have lying around that you haven't gotten around to reading yet or reread one of your favorites. You can also borrow a book from someone in your household.
- Magazines like Cook's Illustrated, Men's Health, Reader's Digest, Wired and others are available through RBDigital, a service offered by public libraries to read on

your phone and tablet. The selection varies, so you may not have access to all the titles you are looking for, but you can investigate [using RBDigital to get free magazines from your library](#).

- You can use services like [Libby](#) to get ebooks from your public library or check out free public domain books from [Project Gutenberg](#).
- If you have an Amazon Prime account, you can access [Prime Reading](#). As a Prime member, you can choose up to 10 titles at a time from more than 1,000 carefully curated books, magazines, comics and Kindle Singles. Audiobooks are also available. Kindle First also nets you one free kindle book a month from select new titles.
- [StorylineOnline](#) features celebrities reading children's books and [celebrities like Josh Gad and Amy Adams are also reading children's books](#) on social media to support families while schools are closed.

Watch TV and Movies

- Movie theaters may be closed, but watching movies and television has never been easier. Check out what's on TV and what is available through streaming services.
- Enjoy a free full-screen playlist of 10 popular short films, featuring people with intellectual and developmental disabilities, available on www.sproutflix.org.
- If you subscribe to Netflix, you can use [Netflix Party](#) in your Chrome browser to stream at the same time as your family and friends. There's even a chat window for everyone to interact.
- You can also use [Discord](#) to stream games and videos with others.
- If you don't have cable or a paid streaming service, you can use [PlutoTV](#) for free or check if your library has [Kanopy](#).
- If your searching for a specific title on a streaming or premium service, you can search [JustWatch](#) to see where it is available.
- Not sure what to watch? [Taste](#) gives you recommendations based on your preferences and can even compare you with your friends to find something you'd both like!

Free Night at the Opera

- The New York Metropolitan Opera will [stream a different encore Live in HD performance](#) every day through Sunday, March 22. Each performance will begin at 7:30 p.m. ET (4:30 p.m. PT) and remain available for streaming for 20 hours. You can [watch the streams in a browser](#), or use one of the Met Opera on Demand streaming apps available for Apple TV, Amazon Fire TV and Roku devices. (Take note, however, that the site is already noting unprecedented high demand, so be prepared for delays or glitches.)

Play a Game

- Play a classic game of Monopoly or Clue or whatever you have around the house. [Many classic games can also be played for free online](#).
- A deck of cards can also be an endless source of fun either solo or with others. You can play a standard game like Go Fish, Rummy, or Solitaire but [many other games can be played with your standard 52 card deck](#), with rules for [varying amounts of people and all occasions](#).
- Want to play games with others online? Try using [TableTop Simulator](#) to play many games online through the online gaming service Steam.
- [Many games are available in a Print and Play version, all you need is a printer and paper](#).
- There are many computer games you can get for free, [here are 5 suggestions](#).

SOURCE: <https://www.health.com/condition/infectious-diseases/coronavirus/social-distancing-things-to-do>

Let's Stay Healthy at

Home!

We need your help to keep this important information flowing! Please make a donation to NJSAP now so we can keep you informed in the future.

<https://www.arcnj.org/programs/njsap/donations.html>



This is one of many emails that The Arc of New Jersey is distributing in an effort to help individuals with I/DD, their families, and staff to be safe and healthy throughout the COVID-19 pandemic. To see other emails that The Arc of New Jersey has distributed on this topic, please go to <https://www.arcnj.org/information/covid-19-updates-information.html>

Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your location!

****Please note, trainings are not currently available and we are working to provide virtual training options. For now, check out our [Youtube page](#) for training videos and our [website](#) for more resources.**



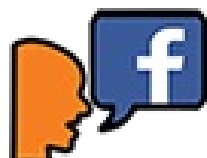
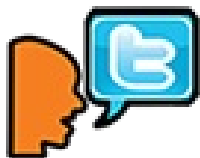
Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



The Horizon Foundation for New Jersey

The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities

