



We know in this difficult time, you may experience boredom, isolation, frustration, and more. Because of this we started a resource guide on how to combat these feelings. This list ranges from funny shows to watch, inspiring books to read, and exercises to do. Have you been doing something during your time at home? Send Caroline Brinkley a message via slack to get it added to this list!

Fun/Interesting TV Shows to Stream

Netflix

Feel-Good/Funny:

- Schitt's Creek
- The Office
- The Good Place
- Arrested Development
- New Girl
- The IT Crowd
- The Great British Baking Show
- John Mulaney's "Kid Gorgeous at Radio City"
- Iliza Schlesinger's "Elder Millennial"
- Monty Python's "Life of Brian" & "The Holy Grail"

Interesting/Informative:

- Salt, Fat, Acid, Heat
- Our Planet
- Babies
- The Greatest Events of World War II in Color

Books

*Libby is a great app that lets you rent ebooks and audiobooks from your local library

*The Wake Co Public Library System also has a great website filled with [free online resources](#).

Interesting books that have been published recently (Both fiction and nonfiction):

- The Wolf Hall Series: Hilary Mantel
- Just Mercy: Bryan Stephenson
- Sapiens: Yuval Harai
- Where the Crawdad Sings: Delia Owens
- Circe: Madeline Miller
- Educated: Tara Westover
- Until the End of Time: Brian Greene
- Texts from Jane Eyre: Mallory Ortberg

Hulu

Feel-Good/Funny:

- Brooklyn 99
- How I Met Your Mother
- 30 Rock
- Golden Girls
- For the Jane Austen fans:
- Emma
- Pride and Prejudice (the 1995 version with Colin Firth-aka the best one)
- Sense and Sensibility

Arts/Music Free Resources

Theater:

- [The Tank](#): Weekly discussions with artists and creators.
- [Patrick Stewart](#) is reading Shakespeare's sonnets aloud on his twitter account.

Music:

- -[The Metropolitan Opera](#) is streaming performances for free!
- -[The Boston Symphony](#) and the [Berlin Philharmonic](#) are also doing free performances online!

Museums:

- [The Guggenheim Museum](#): Free 360 tour, free artbooks online.
- [Van Gogh Museum](#): Virtual resources
- [Getty Galleries](#): Virtual Tours
- [NC Museum of Art](#): NCMA Learn page, Circa Blog (highlight various works).
- [The British Museum](#): Virtual Tours and other resources.

Crafts

- [Craft Habit](#), near our Gateway location (on Crabtree Blvd), is a great resource for supplies and tutorials. Their website has a ton of videos and demos!
- Bandwidth, a local company, just released a free coloring book for both kids and adults! Download it [here](#)! The theme is unicorns, so you're definitely going to want to use it!
- [Katie Berman Textiles](#) is a local company, and she has posted free patterns for quilts and sweaters on her blog.
- There are free coloring pages on the [Van Gogh Museum's Website](#).

Fitness

- If you want to get outside, the NC Greenway is still open! The NC Museum of Art also has great trails that are connected to the greenway (however please note that all playgrounds are closed for now, if you have kids).
- Here are some apps/businesses that are giving out free online fitness classes:
 - [Crossfit](#)
 - [The Daily Burn](#)
 - [Fitness Blender](#)
 - [WAAM](#) (an HQ member!)
 - [Gold's Gym](#)
 - [Planet Fitness](#)
 - [Corepower Yoga](#)
 - [Down Dog](#)

Meditation and Mindfulness

- Flow Arts is offering some creative relief for teams and families stuck at home with online art activities via live video instruction.
- This is a [great article](#) about mindfulness during this time.
- Below are apps that can help you meditate and/or practice mindfulness:
 - [Headspace](#)
 - [Aura](#)
 - [Smiling Mind](#)
 - [Insight Timer](#)
 - [Calm](#)
- A way that mindfulness can be practiced is to write down 3 things that you are grateful for each day
- Deep Breathing (5 second inhales and 5 second exhales) can also help with meditation and feeling mindful

Wellness and Nutrition

[Third Wave Therapy](#) has moved their sessions online. They understand the need for entrepreneurs and small business owners to have an outlet during this difficult time. They are willing to work with those without insurance and help as needed on a case by case basis. [Request to learn more here!](#) Or contact Marie Agius mari@3rdwavetherapy.com

Choices In Wellness is offering the HQ family an employee assistance program. We understand for the small business owner and self-employed mental health and wellness are especially important for the success of the company. Choices In Wellness will like to offer your staff of one or more up 3 free 45 min counseling for use over the next 90 days. During this time of uncertainty, we want to help you support your employees. Appointments can be made by visiting www.choicesinwellness.com.

Eating healthily is an essential part practicing good mental and physical health.

- This is a good article describing ways to [eat healthy while at home](#).
- There are a multitude of online resources to find healthy recipes; The Food Network, Bon Appetit, NYT Cooking, etc.
- Here's a [spreadsheet](#) with some great Triangle Restaurants! And if you don't find what you need on that spread sheet then here is a more extensive list for [Downtown Raleigh](#) and [the Triangle](#)
- Yale [Free Class on Well Being](#)
- [Virtual Wellness with Dix Park](#)

Random Things/Sparking Joy

Some random things that I've seen that are really fun and spark joy!

- The NC Zoo's Facebook page: so many videos of cute animals!
- The [Bon Appetit Youtube Channel](#): especially "Gourmet Makes"
- Using Google Earth, Streetview, and Arts+Culture to tour places/sites around the world while not leaving your house
- [This video](#), where penguins go explore the aquarium.