

## Resources for KDS Parents during COVID-19

### Health & Wellness Links:

1. [https://www.bc.edu/content/bc-web/offices/rec/recreation/open-recreation.html?utm\\_medium=Email&utm\\_source=ExactTarget&utm\\_campaign=&utm\\_content=&utm\\_term=&utm\\_name=&uid=&skey=0000332192&is\\_test=false&id\\_mc=10388480&email\\_name=AA\\_200412\\_BCAANEWS\\_YourBCWeeklyDigest&emailid=131053&e=0000332192](https://www.bc.edu/content/bc-web/offices/rec/recreation/open-recreation.html?utm_medium=Email&utm_source=ExactTarget&utm_campaign=&utm_content=&utm_term=&utm_name=&uid=&skey=0000332192&is_test=false&id_mc=10388480&email_name=AA_200412_BCAANEWS_YourBCWeeklyDigest&emailid=131053&e=0000332192) - Boston University Free Programs
2. <https://health.usnews.com/wellness/for-parents/articles/protect-your-familys-mental-health-during-the-covid-19-pandemic> - Article on how to maintain your families mental health during COVID-19

### Online Therapy:

1. <https://www.talkspace.com/>
2. <https://www.betterhelp.com/start/>
3. <https://www.verywellmind.com/best-online-therapy-4691206>

### Meditation for Parents:

1. <https://www.youtube.com/watch?v=8iQA7Kpz3w4> - Daily meditation for parents
2. <https://www.youtube.com/watch?v=YLVs7SfCBiw> - Meditation for mothers and parents
3. <https://www.youtube.com/watch?v=yeaiIHZyiKU> - Positive affirmations for parents

### Podcasts: (for enlightenment and also a good laugh)

1. *“The Good Stuff with Deborah James”* -Hosted by award-winning podcaster Deborah James and her two children Eloise and Hugo, The Good Stuff pod is here to see families through the next 8 weeks of staying in and staying positive. Each Monday, Deborah, Eloise and Hugo will investigate the research around the ‘good stuff’ covering questions such as how does music boost your mood? Why should we look after the animals on our planet? And what does kindness look like in different countries around the world? Each Thursday will be a “good news only” channel, sharing good news sent in from you guys at home, as well as exciting stories of positive news from around the world.” (podnews, 2020)
2. *“Telescope”* - Welcome to the new normal. For so many of us around the globe, our lives have been forever changed by the coronavirus. And we will never be the same. On Mondays, Wednesday, and Fridays for the foreseeable future, Neon Hum's Jonathan Hirsch will bring you stories of people who are far away...up close. Stories of how each of us are learning to live through this pandemic. (Apple Podcasts, 2020)
3. *“The Ron Burgundy Podcast”* -Will Ferrell reprises his role as Ron Burgundy in his brand new Ron Burgundy Podcast! Each episode has a different theme in which Ron

engages in conversation with another notable person on the topic at hand. In true Ron Burgundy fashion, these conversations have a tendency to go off the rails, and we find out things about people we never knew we wanted to know. In season 2, Ron considers a run for President, continues to perform music, and blacks out at work. In Season 1, Ron addressed important issues like bullying and the mind-expanding nature of meditation, and attempted to ultimately answer the question “seriously, what is a podcast?” (iheart radio, 2020)

4. “*Armchair Expert*” - Hi, I’m Dax Shepard, and I love talking to people. I am endlessly fascinated by the messiness of being human, and I find people who are vulnerable and honest about their struggles and shortcomings to be incredibly sexy. I invite you to join me as I explore other people’s stories. We will celebrate, above all, the challenges and setbacks that ultimately lead to growth and betterment. What qualifies me for such an endeavor? More than a decade of sobriety, a degree in Anthropology and four years of improv training. I will attempt to discover human “truths” without any laboratory work, clinical trials or data collection. I will be, in the great tradition of 16th-century scientists, an Armchair Expert. (Armchair Expert, 2020)
5. “*LeVar Burton Reads*” - “In every episode, host LeVar Burton (Roots, Reading Rainbow, Star Trek) invites you to take a break from your daily life, and dive into a great story. LeVar’s narration blends with gorgeous soundscapes to bring stories by Neil Gaiman, Haruki Murakami, Octavia Butler, Ray Bradbury and more to life. So, if you’re ready, let’s take a deep breath...” (Stitcher, 2020)
6. “*Sleep With Me*” - “Insomnia? Mind racing at night? Worries keeping you up? Tune in for a bedtime story that lets you forget your problems and progressively gets more boring until you fall to sleep. So get in bed, press play, close your eyes, and drift off into dreamland.” (Stitcher, 2020)

Comedic Relief: [https://www.classicfm.com/music-news/videos/quarantined-family-one-day-more-les-mis-parody/?fbclid=IwAR0Oej2VQYQu3drOj1WVs3xzq3fvJsz5ZKQknJVkrjqj\\_V7jDGSQWabLv8E](https://www.classicfm.com/music-news/videos/quarantined-family-one-day-more-les-mis-parody/?fbclid=IwAR0Oej2VQYQu3drOj1WVs3xzq3fvJsz5ZKQknJVkrjqj_V7jDGSQWabLv8E)