

Social Distancing Survival Guide



Maintaining your well-being is possible

Need some ideas on how to keep up with your health & well-being during social distancing? Keep reading!

We understand that this is a very difficult and stressful time, and it is important to do what you can to take care of yourself. We have put together a list of resources that can be used during this time of social distancing to do just that.



Physical Well-Being

NYS Parks entry fees are waived during the current COVID-19 Health Crisis. All indoor facilities are closed and public programs are cancelled however, trails and grounds of state parks and historic sites

remain open. Visitors are welcome for a healthy nature break and are asked to limit activities to non-contact and avoid coming into close contact with other visitors

If you belong to a gym, check to see if they are offering any at-home workouts that you can view. Right now you can also access classes through **Planet Fitness**, **Orange Theory** and the **YMCA**. You can also visit www.fitnessblender.com for a suite of different types of workouts.

Don't forget to get enough rest too. The **Sleep Foundation** has resources and information on getting a good night's sleep.

Emotional Well-Being

Gov. Cuomo announced the launch of a state mental health hotline and more than 6,000 mental health professionals have volunteered to help.

New Yorkers can call the state's hotline number 844-863-9314 to schedule a free appointment.

The **NYS office of Mental Health** and the **CDC** have posted information on their websites to help reduce anxiety and stress caused by the COVID-19 outbreak.

There's an app for that! Search for mental health apps like **Breathe2Relax** (free), **Calm** (free option) or **Headspace** (free trial) that you can take anywhere.

Financial Well-Being

Explore **MyMoney.gov** – a website sponsored by the Federal Financial Literacy and Education Commission. Among other topics, this website covers five major financial principles: earning, saving & investing, spending, protecting, and borrowing.

Sign-up for an online course on Personal & Family Financial Planning through **Coursera**. If you choose the “Audit Only” option without a certificate, the course is free. .

The app **Mint** can help you save more & spend less. This app is free of charge & helps you track spending and set budgets, so you have a better idea of where your money is going.



Social Well-Being

Keep in touch while keeping your distance.

Use FaceTime, Zoom, or other video calling tools to reach out to friends and loved ones to stay in touch.

Binging on your favorite shows through Netflix? Turn it into a party by using the **Netflix Party** Google Chrome extension to watch Netflix remotely with friends!

Try surfing the web to find an online group that involves one of your passions or hobbies where you can discuss and exchange ideas.

