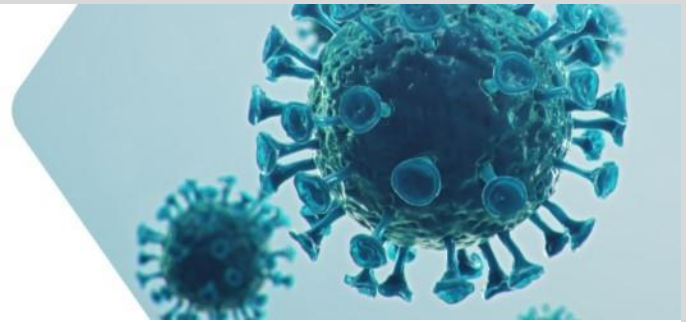




KNOW YOUR BENEFITS



Resources for Staying Home During the COVID-19 Outbreak

The majority of U.S. states have ordered residents to stay home or shelter in place, leaving home only for essential work, supplies or exercise. Additionally, if you are sick with a contagious illness (such as COVID-19, flu or, cold), unless your doctor admits you to a hospital, it is essential you stay home to avoid infecting others. To follow are resources to help take care of yourself and your family while at home for an extended period.

Activities for Home

30 Fun Things to Do at Home

<https://www.lifehack.org/articles/lifestyle/30-fun-things-home.html>

Tips to Organize Your Home During the COVID-19 Pandemic

<https://houseaffection.com/tips-to-organize-your-home-during-the-covid-19-pandemic>

Stay at Home Kid Activities to Get You Through COVID-19

<https://undefiningmotherhood.com/at-home-craft-activities-for-kids>

61 Fun Things to Do at Home When Bored

<https://www.happierhuman.com/fun-things-to-do-at-home>

Learning a New Skill/Hobby During COVID-19

<https://cakegiyh.blogspot.com/2020/03/learning-new-skill-hobby-during-covid-19.html>

26 Things to Do at Home with Kids During the COVID-19 Outbreak

<https://www.familyvacationcritic.com/things-to-do-at-home-with-kids-during-coronavirus-outbreak/art>

Mental Health Resources

Headspace – an App for Meditation

<https://www.headspace.com>

10 Mental Health Tips for Coronavirus Social Distancing

<https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing>

Insight Timer – a Free Guided Meditation App

<https://insighttimer.com>

Talkspace – a Text Message-Based Therapy Platform

<https://www.talkspace.com>

6 Ways to Protect You and Your Family from Anxiety About the Coronavirus

<https://thriveglobal.com/stories/six-ways-to-protect-yourself-and-your-family-from-anxiety-about-the-coronavirus>

CDC – Coronavirus Disease 2019 (COVID-19): Stress and Coping

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Working from Home

7 Essential Tips for Working From Home During the Coronavirus Pandemic
<https://www.themuse.com/advice/coronavirus-working-from-home-tips>

How to Work from Home During the Coronavirus Outbreak: What Your Boss Wants
<https://www.flexjobs.com/blog/post/working-from-home-outbreak>

At-Home Physical Wellness & Exercise

Yogaworks Free Online Video Library
<https://www.yogaworks.com/covid-19-coronavirus>

Planet Fitness Livestream Workouts
<https://www.planetfitness.com>

Nike Training Club – Free Workouts by Nike Trainers
<https://www.nike.com/ntc-app>

Orange Theory Online Workouts
<https://www.orangetheory.com/en-us/athome>

Core Power Yoga – Morning Meditations and Afternoon Flows
<https://www.corepoweryogaondemand.com>

Ordering Groceries and Other Supplies

Instacart
<https://www.instacart.com/grocery-delivery>

Walmart
<https://grocery.walmart.com>

Shipt.com
<https://www.shipt.com>

Prime Now (Amazon Prime Members Only)
<https://primenow.amazon.com>

LocalHarvest – Local Seasonal Delivery from a Farmer
<https://www.localharvest.org>

Boxed
<https://www.boxed.com>

Food Delivery Services

DoorDash
<https://www.doordash.com>

GrubHub
<https://www.grubhub.com>

EatStreet
<https://eatstreet.com>

Bring Me That
<https://www.bringmethat.com>

Questions?
Contact the Human Resources Department.



Learn more at www.burnhambenefits.com/covid-19