

HEALTH & WELLNESS RESOURCES DURING COVID 19: #2

1 Acceptance can be a powerful tool. In this TED Talk Kelly McGonigal discusses [How to Make Stress Your Friend](#).

2 Taking work home with you? Consider creating a shutdown ritual for end of the day. Here's a [short article](#) about why, and some ideas on how to make your own.

3 Oregon's [Positivity Project website](#)ew has simple, practical tools anyone can use, any time, and any

4 [12 ideas](#) for keeping work where it belongs.

5 [How to create a transition ritual](#) at the end of your work day.

6 In this TED Talk Dan Gilbert discusses [The Surprising Science of Happiness](#).

7 Who doesn't want to be happier?

Check out Dan Harris' podcast [10 percent happier](#).

8 Inspired to learn more about the science behind lasting happiness? Yale University has a free course on Coursera on [The Science of Well-Being](#).

9 [How to have a better day during a pandemic](#).

10 We all need things we can do any time, any where. Here Harvard Medical shares [Mini-relaxation exercises: A quick fix in stressful moments](#).