

VIRTUAL CARE PACKAGE

IT'S TIME FOR YOU TO TAKE A BREAK TOO



THE ILLINOIS RESPITE COALITION

PODCASTS

WORKOUTS

STRESS RELIEF

MEDITATION

FREE VIRTUAL RESOURCES

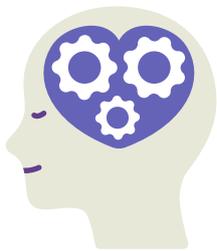
Use these free resources to take time for yourself. Whether it's 10 minutes or a 45-minute podcast, use these to give yourself mini-breathers throughout the day. Just click on the images to get the link for each resource.

RELAX

Stress Relief, Mindfulness
Meditation



Psychiatrist's advice on dealing
with stress/ anxiety



Oprah's Calm-Down Playlist



CONTACT US FOR MORE

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FEEL-GOOD PODCASTS:



Happier Podcast

Kind World Podcast



The Happiness Project

POSITIVE NEWS



ZUMBA WORKOUT



30 minutes and ability inclusive.