



Iowa Lawyers Assistance Program
Toll Free: 800-243-1533

Keeping Sane While Sheltering in Place

Ideas to keep busy and stay positive.

Courtesy of Indiana Judges and Lawyers Assistance Program*

SECTIONS†

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I. **Be Social**

- **Online Board/Card Games.** Play a board game or card game with friends from around the globe or just down the street.
 - Facebook Instant Games: <https://www.facebook.com/games/instantgames>
 - Playing Cards: <http://playingcards.io/>
 - Pogo.com: <https://earlyaccess.pogo.com/all-games>
 - Steam: <https://store.steampowered.com/search/?term=Board+game>
 - Tabletopia: <https://tabletopia.com/games?>
 - Tabletop Simulator: <https://www.tabletopsimulator.com/>
 - Ticket to Ride: https://store.steampowered.com/app/108200/Ticket_to_Ride/
- **Video Games.** Play Video Games with friends while Sheltering in place. Most gaming platforms have multiplayer options. Some suggestions you might not have considered:
 - Console Games:
 - Don't Starve Together: (PC, PS4, Xbox One)
 - Friday 13th (Nintendo Switch, PC, PS4, Xbox One)
 - GTA Online (PC, PS4, Xbox One)
 - Sea of Thieves (PC, Xbox One)
 - Mobile Games:
 - Asphalt 9: Legends (iOS/Android)
 - Clash Royale (iOS/Android)
 - Exploding Kittens (iOS/Android)
 - Golf Clash (iOS/Android)
 - Kahoot! (iOS/Android)
 - Mario Kart Tour (iOS/Android)
 - Pokemon Go (iOS/Android)
 - Wizards United (iOS/Android)
 - Words with Friends Classic (iOS/Android)
 - PC Games:
 - Civilization VI (Windows/Mac)(Steam)
 - Keep Talking and Nobody Explodes (Windows/Mac)(Steam)
 - Stardew Valley (Windows/Mac)(Steam/GOG)
 - Tick Tock: A Tale for Two (Windows/Mac)(Steam/itch.io)
 - Worms W.M.D. (Windows/Mac)(Steam)

- Watch Party. Host an online watch party with friends.
 - Facebook: https://www.facebook.com/help/1681245065258554?helpref=about_content
 - Netflix: <https://www.netflixparty.com/>
- Potluck. Host a virtual Potluck, have friends “over” for dinner using Facetime/Hangouts/Skype/etc.
- Card Games. Learn a new card game to play with your housemates. <https://bicyclecards.com/rules/>
- Book Club. Start a club (book, movie, baking, cooking, etc.).
- In-person Board Games. Buy a new Board Game to play with your housemates/family. Some suggestions:
 - Above and Below Board Game
 - Agricola Board Game
 - Carcassone Board Game
 - Catan (and any of the expansions) Board Game
 - Exploding Kittens Card Game
 - Fluxx 5.0 Card Game
 - Pandemic Board Game
 - Sway: A Game of Debate and Silver Linings
 - Ticket to Ride Board Game

Here is additional information on game play for some of the above games and additional suggestions. <https://www.sfgate.com/shopping/article/adult-board-games-to-play-while-stuck-inside-15140211.php>

- Friends Circle App. Try out a new social networking, group socializing type app.
 - Cocoon: <https://cocoon.com/>
 - Ikaria: <https://www.ikaria.co/>
 - Monaru: <https://www.monaru.io/>
 - Squad: <https://squadapp.io/>
- Conversation Prompts. You can use conversations prompts to spark interesting dialogue during a video call.
 - Conversations Starters: <https://conversationstartersworld.com/250-conversation-starters/>
 - Table Topics: <https://www.tabletopics.com/>
 - TheAnd: <https://shop.theskindeep.com/collections/all/products/the-and-card-game-for-friends>

2. **Explore Arts & Culture**

- **Broadway At Home.** Check out 15 Broadway Plays & Musicals you can watch at home. <https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>
- **Broadway HD.** Sign up for Broadway HD (free trial, then paid) to watch even more plays and musicals. <https://www.broadwayhd.com/>
- **Google Arts & Culture.** Explore Google Art & Culture. Take a tour, explore a collection, and learn more about artists. <https://artsandculture.google.com/>. Here is a very small sampling of a few museums included:
 - The British Museum, UK: <https://g.co/arts/dBEMHykFfnRp8rw6>
 - The Guggenheim Museum, NY: <https://g.co/arts/RAj2aP25MMiVBvqH9>
 - Le Gallerie Degli Uffizi, Italy: <https://g.co/arts/rVeyGRi2Czq2qWVGJ9>
 - Musee d'Orsay, France: <https://g.co/arts/cqsFG4ASZ3jYFMQT7>
 - Museu de Arte de Sao Paulo, Brazil: <https://g.co/arts/efcWp8rPPMmbWk3M8>
 - Museum of Modern Art, NY: <https://g.co/arts/XvakXDXfqbhGPCak6>
 - National Gallery of Art, DC: <https://g.co/arts/kwaYkiIwihEetHhD8>
 - Pergamon, Germany: <https://g.co/arts/P8RqCU29Gc5guyNL8>
 - National Portrait Gallery, DC: <https://g.co/arts/CcQEx92tzZyWHVlQA>
 - Van Gogh Museum, Netherlands: <https://g.co/arts/DxgqRAPU89inCPcw6>
- **Museum Tour.** Take a Virtual Museum Tour or explore previously unreleased collections/exhibits.
 - The Grammy Museum: <https://www.grammymuseum.org/exhibits/current-exhibits/museum-at-home>
 - The Louvre: <https://www.louvre.fr/en/visites-en-ligne>
 - National Gallery Victoria, Australia: <https://www.ngv.vic.gov.au/virtual-tours/>
 - National Museum of African American History & Culture: <https://www.smithsonianmag.com/smithsonian-institution/national-museum-african-american-history-and-culture-interactive-museum-tour/>
- **The Met.** Watch the NY Metropolitan Opera. <https://www.metopera.org/user-information/nightly-met-opera-streams/>
- **BeethovenFest 2020.** Watch the Vancouver Symphony perform BeethovenFest Virtual Finale: <https://www.facebook.com/VSOOrchestra/videos/2798750073578921/>
- **Royal Opera House, UK.** Explore the Royal Opera House YouTube Channel for top performances of Opera and Ballet: <https://www.youtube.com/user/royaloperahouse>
- **Social Distancing Festival.** Check out the Social Distancing Festival: <https://www.socialdistancingfestival.com/>

- Concerts. Attend a free online Concert. Artists are announcing new “living room” concerts almost daily. Google or search social media to find out who is throwing a digital concert. You should also check out:
 - <https://seattlesymphony.org/live>,
 - <https://www.digitalconcerthall.com/en/live>
 - <https://www.thecurrent.org/events/genre/145/Live%20stream>

3. Write a Letter

- Letters to Seniors. Write a letter to a senior citizen.
<https://lovefortheelderly.org/letters>
 - Check with your local nursing home/assisted care facility. Some are requesting emails of cards, funny pictures, stories to share with their residents.
- Letters to Strangers. You can also write to strangers.
<https://www.writeoncampaign.com/write-to-those-in-need>,
- Postcard Exchange. Participate in a worldwide Postcard Exchange.
<https://www.postcrossing.com/>.

4. Read Something New

- Visit the Library. Use your Library’s digital resources. Many use the Libby App or Overdrive for digital books, audiobooks, and more. Some have magazines you can digitally checkout and even movies.
- Kindle Unlimited. Try Kindle Unlimited. If you are a Harry Potter fan, all the books are available on Kindle Unlimited and even the Kindle in Motion versions.
- Internet Rabbit Hole. Go down an internet rabbit hole. If you need inspiration for learning more about a variety of quirky topics, check out:
 - All That’s Interesting: <https://allthatsinteresting.com/>
 - Ancient History Encyclopedia: <https://www.ancient.eu/>
 - Atlas Obscura: <https://www.atlasobscura.com/>
 - Brain Pickings: <https://www.brainpickings.org/>
 - Boredom Therapy: <https://boredomtherapy.com/>
 - Curiosity: <https://curiosity.com/>
 - How Stuff Works: <https://www.howstuffworks.com/> (also has several podcasts)
 - Mental Floss: <https://www.mentalfloss.com/>
 - Mix: <https://mix.com/>
 - The Moth: <https://www.themoth.org/> (also has a podcast)

- The Worst Thing for Sale: <http://theworstthingsforsale.com/>
- Wikipedia Unusual Articles:
https://en.wikipedia.org/wiki/Wikipedia:Unusual_articles
- MC-DOS Games. While probably not a ton of reading, you can also fall down the rabbit hole care of the Internet Archives MC-DOS games library.
https://archive.org/details/softwarelibrary_msdos_games
 - Check out the 1990's version of the Oregon Trail.
https://archive.org/details/msdos_Oregon_Trail_The_1990

5. Watch Something New

- Animal Videos. Watch a cute or relaxing animal video. Many are live and some are even doing live broadcasts with the zookeepers to learn more about the animals. Several streams are also available on YouTube. Try streaming the Monterey Bay Aquarium Jellies while working.
 - Atlanta Zoo Panda Cam: <https://zooatlanta.org/panda-cam/>
 - Georgia Aquarium: <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>
 - Houston Zoo: <https://www.houstonzoo.org/explore/webcams/>
 - Indianapolis Zoo Walrus Cam:
<https://www.indianapoliszoo.com/exhibits/oceans/pacific-walrus/>
 - Monterey Bay: <https://www.montereybayaquarium.org/animals/live-cams>
 - National Zoo: <https://nationalzoo.si.edu/webcams>
 - San Diego Zoo: <https://zoo.sandiegozoo.org/live-cams>,
- Nature Live Cams. Explore live cams (many of which are also available on YouTube) lets you watch nature and animals from around the world. Fancy a trip to Hawaii, watch the Pipeline Cam or Waimea Bay. If rural life is more your thing, they have farm sanctuaries. Wanting to see wild elephants, head to the Tembe Elephant Reserve Cam.
 - Explore Nature: <https://explore.org/livecams>

YouTube also has several pre-recorded nature videos for relaxation and exploring Planet Earth.

- Historic Public Radio/Television. Discover historic programs of publicly funded radio and television across America. <https://americanarchive.org/>
- Ted Talks. Check out Ted Talks YouTube Page for tons of pre-recorded Ted Talks on a whole rainbow of topics. <https://www.youtube.com/user/TEDtalksDirector>.
 - If history is your thing, check out this brief tour of the last 4 billion years (dinosaurs not included) by Lauren Sallan.
https://www.youtube.com/watch?v=_0Jl0j46-qQ.

- Relive the 80's. CNN did a documentary special on the 80's. Reconnect and show your kids what it was like without widespread internet and cell phones. <https://www.cnn.com/shows/the-eighties>

6. Take a Trip on the Internet

- National Parks Tours. Take a virtual tour of a National Park/Preserve/Site/etc. Here are just a few you can visit:
 - Acadia: <https://www.nps.gov/acad/learn/photosmultimedia/virtualtour.htm>
 - Bandelier: <https://www.nps.gov/band/learn/photosmultimedia/virtualtour.htm>
 - Canyonlands: <https://www.nps.gov/cany/learn/photosmultimedia/virtualtour.htm>
 - Cape Cod Seashore: <https://www.nps.gov/caco/planyourvisit/virtual-tours.htm>
 - César E. Chávez Monument: <https://www.nps.gov/cech/learn/virtualtour.htm>
 - Denali: <https://www.nps.gov/dena/learn/photosmultimedia/virtual-tours.htm>
 - Ellis Island: <https://www.nps.gov/elis/learn/photosmultimedia/virtual-tour.htm>
 - Grand Teton: <https://www.nps.gov/grte/learn/photosmultimedia/virtualtour.htm>
 - Monocacy: <https://www.nps.gov/mono/learn/photosmultimedia/virtualtour.htm>
 - Sitka: <https://www.nps.gov/sitk/learn/photosmultimedia/virtual-tours.htm>
 - Upper Delaware: <https://www.nps.gov/upde/learn/virtual-tour.htm>
 - Yellowstone: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
 - White Sands: <https://www.nps.gov/whsa/learn/photosmultimedia/videos.htm>

There are even more virtual tours on the NPS website. Look for your favorite park and then under “Learn About the Park” > “Photos & Multimedia” look for a “Virtual Tour” page. Some NPS areas also have live webcams that you can watch.

- Great Wall of China. Take a tour of the Great Wall of China. <https://www.thechinaguide.com/destination/great-wall-of-china>
- Go to Space. NASA has opened their entire media library to the public! Explore pictures of space. https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwARInw4tpZsTvRNlQi0CERhQspEZ-zstHdxF4bakEVFj-O3zVn_CSxIQ-R8s
 - NASA also has a live stream to explore space and learn about space exploration. <https://www.nasa.gov/nasalive>

7. Explore Your Creativity

- Coloring. Coloring is both relaxing and creative. You can even have your kids color pictures to mail/email to friends. The New York Academy of Medicine Color our

Collection featuring 117 different Participating Institutions.

<http://library.nyam.org/colorourcollections/>

- Take an Art Lesson. Several sites are offering free daily classes or reduced rates.
 - Jerry's Artarama Fee Daily Art Lesson: <https://www.jerrysartarama.com/free-art-instruction-videos>
 - Artist's Network: <https://www.artistsnetwork.com/>
 - Learn Hand lettering: <https://awesomealice.com/hand-lettering-practice-sheets/>
- DIY. Spruce up the house, make some new décor, or learn how to make a chicken coop. Obviously, stick to projects that you have supplies on hand for in the house or can procure while sheltering in place.
 - Ana White: <https://www.ana-white.com/>
 - Apartment Therapy: <https://www.apartmenttherapy.com/>
 - Curbly: <https://www.curbly.com/>
 - Instructables: <https://www.instructables.com/>
 - Make: <https://makezine.com/>
 - Remodelaholic: <https://www.remodelaholic.com/>
 - The Spruce: <https://www.thespruce.com/>
 - Today's Homeowner: <https://todayshomeowner.com/>

8. Learn a New Skill

- Free & Paid Courses. You can explore new skills, deepen an existing passion or get lost in learning.
 - Class Central: <https://www.classcentral.com/>
 - Coursera: <https://www.coursera.org/>
 - edX: <https://www.edx.org/>
 - Google Digital Garage: <https://learndigital.withgoogle.com/digitalgarage>
 - Great Courses Plus: <https://www.thegreatcoursesplus.com/>
 - Khan Academy: <https://www.khanacademy.org/>
 - Lynda: <https://www.lynda.com/>
 - Open Culture: <http://www.openculture.com/freeonlinecourses>
 - SkillShare: <https://www.skillshare.com/>
- Learn a new Language. Brush up on your high school Spanish or learn a whole new language for your next trip, once travel starts up again.
 - Duolingo: <https://www.duolingo.com/>

- Live Lingua: <https://www.livelingua.com/>
- LiveMocha: <https://www.livemocha.co/>
- Open Culture: <http://www.openculture.com/freelanguagelessons>

9. Try a New Recipe

- Cook Along App. Cook with your favorite Professional Chefs on the new Food Network App. <https://www.foodnetwork.com/profiles/talent/food-network-kitchen>
- Polish Your Cooking/Baking Skills. Learn or refresh basic cooking and baking skills. <https://www.bonappetit.com/video/series/how-to-do-every-basic-cooking-technique>.
- Find New Recipes. There are probably thousands of different sites for recipes, but here are a few to get you started:
 - All Recipes: <https://www.allrecipes.com/>
 - Chowhound: <https://www.chowhound.com/>
 - Delish: <https://www.delish.com/>
 - Epicurious: <https://www.epicurious.com/>
 - Food 52: <https://food52.com/>
 - Food.com: <https://www.food.com/>
 - The Kitchn: <https://www.thekitchn.com/>
 - Serious Eats: <https://www.serious-eats.com/>
 - Yummly: <https://www.yummly.com/>
- Low on Ingredients. Try SuperCook, which can pull a recipe for you based on what you have in your house.
 - <https://www.supercook.com/#!/recipes>
 - Also available on iOS/Android
- Make a Historic Recipe. Cook a historic recipe (or just read very old cookbooks). Explore the Michigan State University Feeding America Collection. <https://d.lib.msu.edu/fa>

10. Volunteer

- Transcription from Home. Even while sheltering in place you can volunteer to transcribe records for the Smithsonian at <https://transcription.si.edu/>
- Donate Blood. <https://donate.indiana.versiti.org/donor/schedules/centers?>, <https://www.redcross.org/give-blood.html>

11. Practice Relaxation

- Phone Apps. Try a mediation or mindfulness app. Some are paid, but likely have a free trial.
 - The Breathing App (iOS/Android)
 - Calm (iOS/Android): <https://www.calm.com/>
 - Declutter the Mind (iOS/Android): <https://declutterthemind.com/>
 - FitMind (iOS): <https://www.fitmind.co/>
 - Headspace (iOS/Android): <https://www.headspace.com/covid-19>
 - Insight Timer: <https://insighttimer.com/>
 - Mindwell (iOS/Android): <https://www.mindwell.live/>
 - Simple Habit (iOS/Android): <https://www.simplehabit.com/>
 - Smiling Mind: <https://www.smilingmind.com.au/>
 - Soundly (iOS/Android): <https://soundly.app/about>
 - Unplug Meditation (iOS/Android): <https://www.unplug.com/online-classes>
- Try Meditation. Learn how to Meditate with the NYT's Guide to Meditation. <https://www.nytimes.com/guides/well/how-to-meditate>
- Yoga for Relaxation. Yoga practice can also provide relaxation. Check out the NYT's Guide on How to Relax with Yoga and the Yoga ideas in Section 8 "Physical Activity while at Home."
 - NYT's Guide: <https://www.nytimes.com/guides/well/yoga-stress>

12. Be Physically Active

- YouTube Fitness Videos. Take a YouTube Fitness Class from your living room. Here are a few to get you started:
 - Blogilates: <https://www.youtube.com/user/blogilates>
 - Fitness Blender: <https://www.youtube.com/user/FitnessBlende8.r/featured>
 - The Fitness Marshall: <https://www.youtube.com/user/TheFitnessMarshall>
 - HASfit: <https://www.youtube.com/channel/UCXIJ2-RSIGn53HA-x9RDevA>
 - Les Mills: https://www.youtube.com/channel/UChjHUmT_EREes4WV6jpmnBw
 - Nate Bower Fitness (Boxing): <https://www.youtube.com/user/NateBowerFitness/featured>
 - PopSugar Fitness: <https://www.youtube.com/user/popsugartvfit>
 - Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene/featured>

- Walk at Home by Leslie Sansone:
<https://www.youtube.com/channel/UCVI6ZdsIZz2Zj-34bMJFPbg>
- **Amazon Prime.** Check out Amazon Prime for free access to a wide variety of fitness videos, including Zumba and 21-Day Transformation from GymRa. Just search for “fitness” and then filter by “Prime.”
- **NYT Fitness Guides.** The NYT has several fitness guides that include short videos to guide you work out.
 - 6 Minute Workouts: <https://www.nytimes.com/2020/02/18/well/move/in-6-minutes-you-can-be-done-with-your-workout.html>
 - High Intensity Quick Workouts: <https://www.nytimes.com/guides/well/really-really-short-workouts>
 - 9 Minute Strength workout: <https://www.nytimes.com/guides/well/strength-training-plyometrics>
 - Yoga for Everyone: <https://www.nytimes.com/guides/well/beginner-yoga>
- **Yoga Streaming Services.** Try a Yoga streaming service. Most offer free trials and have different types of Yoga available.
 - CorePower Yoga: <https://www.corepoweryoga.com/yoga-on-demand>
 - Gaia: <https://www.gaia.com/yoga>
 - Yoga Glo: <https://www.glo.com/>
 - Yoga Today: <https://www.yogatoday.com/>
- **Exercise Workout Apps.** Try a workout app on your phone. Some are paid, but most have a free trial.
 - 7 Minute Workout (iOS/Android): <https://7minuteworkout.jnj.com/>
 - FitOn (iOS/Android)
 - The Ladder (iOS)
 - Peloton (iOS/Android): <https://www.onepeloton.com/digital/checkout/digital-90d>
 - Pocket Yoga (iOS/Android)
 - Sculpt Society: <https://www.meganroup.com/>
 - Yoga Studio (iOS/Android): <https://www.yogastudioapp.com/>
- **Exercise Programs.** Most exercise Program Services are offering free trials or Covid-19 exercise plans. This is a great chance to try something new.
 - Blogilates: <https://www.blogilates.com/14-day-quarantine-workout-plan/>
 - Peloton is offering a free 90-day trial: <https://www.onepeloton.com/>
 - Les Mills: <https://www.lesmills.com/us/ondemand/>
- **Your Local Gym/Studio.** A lot of local gyms, yoga studios, etc. are offering online

classes you can do from home. Make sure you check with them to see if your regular instructor is offering video classes.

13. **Stay Healthy**

- Wash Your Hands. <https://www.cdc.gov/handwashing/>
- Clean Your Cellphone. <https://www.nytimes.com/2020/03/12/smarter-living/clean-your-phone.html>
- Protect Yourself. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
- Disinfect your Home. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>
- Create an Action Plan. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html>

14. **Ask for Help**

- **ILAP.** If you are struggling or know someone who is struggling, please call us. Your is confidential, and our services are free. We provide information, referrals, and individual and group support at no charge for judges, lawyers, law students, and bar applicants. **Iowa Lawyers Assistance Program**
Toll Free: 800-243-1533
Local: 515-277-3817
- **CDC.** Advice on coping with a traumatic event or disaster. <https://emergency.cdc.gov/coping/index.asp>
- **National Suicide Prevention Hotline.**
 - <https://suicidepreventionlifeline.org/>
 - Phone: 1-800-273-8255
 - “988” is NOT CURRENTLY Active
- **Crisis Text Line.**
 - <https://www.crisistextline.org/textline>
 - Text CONNECT to 741741

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† Since the internet changes constantly, so some links may no longer work correctly.