**Supporting Your Wellbeing While Taking Online Classes from Home**

YouTube video: 5 Ways to Manage Coronavirus Anxiety

<https://www.youtube.com/watch?v=TtZaMdOy4K8&feature=youtu.be>

10 Minute Morning Yoga Stretch for Beginners

<https://www.youtube.com/watch?v=TtZaMdOy4K8&feature=youtu.be>

30 days of Mindfulness Calendar

<https://twitter.com/kingsgrouporg/status/1074642870567649280>

Stress Relief Coloring pages

<https://www.google.com/search?rlz=1C1GCEU_enUS866US866&q=stress+relief+coloring+pages&tbm=isch&source=univ&sa=X&ved=2ahUKEwiqxKuA9-3oAhUKGDQIHXSZABQQsAR6BAgLEAE&biw=1140&bih=600&dpr=1.5>

Tips to Reduce Stress at Home

<https://www.healthnet.com/portal/home/content/iwc/home/articles/Tips_to_Reduce_Stress_at_Home.action>

Tips for Studying at Home

<https://www.oxfordlearning.com/tips-for-studying-at-home/>

Hack Your Online Classes: How to Stay Awake and Alert

<https://hacklibraryschool.com/2015/10/26/hack-your-online-class-how-to-stay-awake-and-alert/>