

[11 Tips for Staying Calm During the Time of the Coronavirus](#)

**SAMH Online [Resources](#)**

**Headspace App**

FREE 'Weathering the Storm' section includes calming meditations, meditations for feeling overwhelmed and navigating change and to help with sleep.

**Yoga with Adriene – [30 Day Online Programme](#)**

**FREE Online Exercise [Classes](#)** - Includes Bootcamp, Yoga, Tai Chi and Active Older Adults

**10 Minute Strength & Balance Online Exercise [Videos](#)**

Seated [Exercises](#)

**[Kadampa Meditation Centre](#)** - All classes will be available to book online from Monday 23rd March 2020.

Free Group Meditation

9am – Morning Meditation

630pm – Evening Kirtan

[www.facebook.com/FreeMeditationAberdeen](http://www.facebook.com/FreeMeditationAberdeen)

**Happy Place - [Johana Basford](#)** – creative resources, art class and downloadable colouring in sheets

Virtual museum and gallery [tours](#)

Free downloadable colouring [books](#)

National park tours – virtual [tours](#) of 33 natural places

Reiki 101 – free [online classes](#)

Free online university [courses](#)

Great long list of [resources](#) for people in isolation