Summary – Caregiver Well-being

**Resources**

***Exercise***

**Exercise App**

For those of you who have found it difficult to keep up with exercise during this sheltering in place, I’ve found the Peloton app to be very helpful, and it’s now free for 90 days. You do NOT need the bike. If you have a bike membership, you can use the same logon for using the app. They have cardio, bootcamp, core, yoga, stretching and other classes of varying lengths. Some classes are “live,” but most are pre-recorded. They have individual classes and several “bootcamp” or training programs. Some classes require a little equipment (weights, mat, towel), whereas others do not. You can use the app on smart phone/tablet, computers or possibly stream to your TV.   
[www.onepeloton.com/app](http://www.onepeloton.com/app)

**New Home Workouts Come with New Aches and Pains**  
Many people trying online routines during the coronavirus pandemic are finding it’s not so easy to do them right. Here’s advice from the experts on improving your form.  
Read in The Wall Street Journal: [apple.news/AmATQgfKjQKas9bt\_W6bmMA](https://apple.news/AmATQgfKjQKas9bt_W6bmMA)

**Running in confined spaces**

[nypost.com/2020/04/21/man-runs-boston-marathon-by-doing-1098-laps-on-nyc-roof](https://nypost.com/2020/04/21/man-runs-boston-marathon-by-doing-1098-laps-on-nyc-roof/)

**Safety while running and biking**

[medium.com/@jurgenthoelen/belgian-dutch-study-why-in-times-of-covid-19-you-can-not-walk-run-bike-close-to-each-other-a5df19c77d08](mailto:medium.com/@jurgenthoelen/belgian-dutch-study-why-in-times-of-covid-19-you-can-not-walk-run-bike-close-to-each-other-a5df19c77d08)

**A workout at work**

Twelve exercises recommended by experts in motion, obesity prevention and physical fitness

[www.washingtonpost.com/graphics/health/workout-at-work/?noredirect=on](http://www.washingtonpost.com/graphics/health/workout-at-work/?noredirect=on)

***Diet***

**Quarantine cuisine**

[utswmed.org/medblog/easy-immune-boosting-food-covid19](https://utswmed.org/medblog/easy-immune-boosting-food-covid19/)

***Sleep***

**The pandemic is giving people vivid, unusual dreams. Here’s why.**

Researchers explain why withdrawal from our usual environments—due to social distancing—has left dreamers with a dearth of “inspiration.”

Read in National Geographic: [apple.news/Ac73VE99oRZmhVvaDYQS3Bg](https://apple.news/Ac73VE99oRZmhVvaDYQS3Bg)

***Mental health***

**Coronavirus is causing a mental health crisis. Here’s how to fight it.**  
Covid-19 patients and those caring for them could be especially at risk for anxiety, depression, and other conditions.  
Read in Vox: [apple.news/AJrfvgn4BSHOjv074lDttSw](https://apple.news/AJrfvgn4BSHOjv074lDttSw)

**Mental health apps**

I was made aware of some potentially useful wellness and mental health apps available for free to UCSF employees. Some are also available to others in our community. I, for one, plan to use the Sleepio app to help with my insomnia. Please find the list of these apps and other resources here: [psych.ucsf.edu/coronavirus/apps](https://psych.ucsf.edu/coronavirus/apps)

***Work***

**Work from home guide**

[www.microsoft.com/en-us/microsoft-365/blog/2020/03/18/making-the-switch-to-remote-work-5-things-weve-learned](http://www.microsoft.com/en-us/microsoft-365/blog/2020/03/18/making-the-switch-to-remote-work-5-things-weve-learned)

***Cognitive engagement and social interaction***

**Telecommunication**

[FaceTime](https://apps.apple.com/us/app/facetime/id1110145091)

[WhatsApp](https://www.whatsapp.com/)

[Zoom](https://zoom.us/)

**Video synchronizers**

[Netflix party](https://www.netflixparty.com/)

[twoseven.xyz](https://twoseven.xyz/)

**Free books**

[Kindle](https://ebookfriendly.com/download-free-kindle-books/)

***Caregiver support, resources and education***

**Family Caregiver Alliance:**

[www.caregiver.org](http://www.caregiver.org)

Bay Area Caregiver Resource Centers: [www.caregiver.org/bay-area-caregiver-resource-center](http://www.caregiver.org/bay-area-caregiver-resource-center)

**Alzheimer’s Association:**

[www.alz.org](http://www.alz.org)

24/7 Helpline: 800-272-3900