MCAA COVID-19 Contingency Plan Webinar Series

Webinar #14: Navigating Uncertain Times with Radical Self-Care

Presented on May 19, 2020

Action Steps/Resources: A few alternatives – a welcomed break from news and Netflix

- The Corbett Report (Award-winning investigative journalist for over 13 years - brilliant documentaries) - https://www.corbettreport.com/
- The High Wire – Emmy-award winning producer from “The Doctors” daytime talk show _https://thehighwire.com/watch/_

“What Should I Eat?” Infographic:

Bedtime Rituals:
https://www.amenclinics.com/blog/your-wild-pandemic-dreams-explained-by-a-sleep-doctor/?trk_msg=MLQVAOSUROM430CV3DM924BDH4&trk_contact=NLTA0VHIG1A9E2ML4D0G4KCJIG&trk_sid=1P1EH1UQV9A3PUCCB19QO3487S&utm_source=ACI-Listrak&utm_medium=Email&utm_term=READ+MORE&utm_campaign=Monday+Send

Detox Mind of Negative Energy:

The Immeasurable Value of Mediation:

Bill Maher: a little humor
https://www.youtube.com/watch?v=28I5Wyp15o

Dr. Bruce Lipton: (“Biology of Belief” – book)
LondonReal.tv (go to “shows” – “all episodes” and search for Bruce Lipton)

Questioning COVID:
A continual curation of clinicians, researchers, & health experts from around the world interrogating the mainstream narrative around the pandemic.
https://questioningcovid.com/

Tools for Procrastination Podcast:

Heart "Coherence":
https://www.heartmath.com/
*There’s also a beautiful free series they are currently offering.

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