

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

- LondonReal.tv (Digital Freedom Platform - leading experts, world-class athletes, human performance, science, art, business, finance) - <https://londonreal.tv/>
- 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:

https://www.precisionnutrition.com/what-should-i-eat-infographic?utm_source=marketingcloud&utm_medium=email&utm_campaign=050720-AllContacts-WhatShouldIEat

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:

https://chopra.com/articles/how-to-detox-your-mind-of-negative-energy?utm_source=Newsletter&utm_medium=Email&utm_content=200428-April-Newsletter&utm_campaign=Newsletter2020428

The Immeasurable Value of Meditation:

<https://chopra.com/articles/the-immeasurable-value-of-meditation-for-coping-during-the-covid-19-crisis>

Bill Maher: a little humor

<https://www.youtube.com/watch?v=28I5Wylp15o>

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:

<https://podcast.mindvalley.com/how-to-get-your-focus-back-and-stop-procrastinating-nir-eyal/>

Heart "Coherence":

<https://www.heartmath.com/>

*There's also a beautiful free series they are currently offering.

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