A TOOLKIT TO HELP YOU:
GET FIT
GET FAST
GET STRONG — AND
HAVE FUN

despite, during, and after COVID-19

TOOLKIT PREPARED BY
THE GRYD FOUNDATION
In partnership with WATTS COMMUNITY CORE
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Signs of Anxiety sheet provided by County of Los Angeles Department of Public Health; original source: Mental Health American Toolkit, 2020

Managing Anxiety sheet provided by County of Los Angeles Department of Public Health; original source: Mental Health American Toolkit, 2020

“Acknowledge Your Concerns Are Valid” and “Realize What You Can Control” provided by County of Los Angeles Department of Public Health

Credit to County of Los Angeles Department of Public Health for COVID-19 flyers, English/Spanish
ORIGINS STORY

On November 5, 2019 The GRYD Foundation and Watts Community Core successfully launched an all-inclusive boxing program at Slauson Recreation Center, Ross Snyder Recreation Center and at Nickerson Gardens Gym.

Given the unique space and dynamics with Nickerson Gardens being a Housing Authority of City of Los Angeles development and in response to outpouring of interest and demand from Nickerson Gardens residents, The GRYD Foundation responded by expanding the scope of services and dedicating more resources to serve the boxing program at Nickerson Gardens:

Equipment was added. Staff and days of service increased. More residents were getting fit, getting fast, and getting stronger — and having fun.

Then as more information became available about the novel coronavirus (COVID-19), on March 18th we made the difficult but right decision to suspend the boxing program to help everyone be #SaferAtHome.

Out of our genuine care, concern and commitment to Nickerson Gardens, The GRYD Foundation and Watts Community Core have been working together to figure out ways to continue to meet needs and provide resources even during the COVID-19 lockdown:

- Watts Community Core took the lead with the grab and go food distribution.
- The GRYD Foundation took the lead with this Toolkit.

WHAT’S NEXT?

VIDEOS

grydboxing.club

“GET FIT, GET FAST, GET STRONG — AND HAVE FUN”
This Toolkit offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for professional medical advice, diagnosis, or treatment. This Toolkit does not replace professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this Toolkit. The use of any information provided in this Toolkit is solely at your own risk.

You should consult your physician or other health care professional before starting any fitness program or doing the workouts routines in this Toolkit so you can determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not perform the exercises in this Toolkit if your physician or health care provider advises against it.

If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.
1. FITNESS FROM HOME

Safety First! Before you start to work out, check the area around you for any hazards such as things (or people) you could bump into or trip over. Be aware of your environment. Spacing matters. We don’t want you moving furniture to create space, but we don’t want you to bumping into anything (or anyone) either. We want you to be aware of your spacing and surroundings so you can have a safe workout.

“BE AWARE OF YOUR ENVIRONMENT”

Try to find an area in your home where you can stretch your arms to the front and to the side, and where you can safely stretch out (lie down) on the floor without hitting anything - or anyone (or being stepped on.) You might feel more comfortable having a towel that you can use as a mat to lie on for the floor exercises.

Control your body and movements so you don’t bump into anything or anyone, and so you don’t hurt yourself. We don’t want you to be stiff, but we don’t want you to be wild, out of control, or “going hard.” We want you to use a steady, measured pace so you don’t pull a muscle or strain yourself, and so you can be consistent.

“CONTROL YOUR BODY & PACE YOURSELF”

Your workout routine should be challenging (based on your current fitness level and ability) but not so hard that it becomes a negative experience. We want you to get a good workout, but you shouldn’t be miserable or so sore that you skip workouts. Working out should be a positive experience so you want to keep doing it, and with time and consistency, you’ll get fit, get fast, and get strong — and have fun.
2. WARMING UP

Stretching isn’t just pro athletes. In fact, a bit of light daily stretching is good for everyone — regular stretching keeps muscles long, lean and flexible. Proper stretching can help increase your flexibility, range of motion, and blood flow to your muscles, improve your posture, and help you avoid muscle strain and injury. After working out (as part of a cool down), light stretching can help tense muscles relax so the muscles are not pulling on joints, which is what causes soreness. But before stretching, it’s important to warm the body a little.

“EASE INTO YOUR WORKOUT BY WARMING UP FIRST”

TIPS: Do not stretch cold muscles. Do not bounce or go too far when stretching. Bouncing, over stretching, and stretching cold or tight muscles can tear the muscle — which can lead to scar tissue, soreness, more tightness and less flexibility, the opposite of what we want. Ease into your workout by warming up first.

**KEY AREAS TO WARM UP**
- Calf muscles
- Hamstrings (back of thigh)
- Quadriceps (front of thigh)
- Shoulders & Neck
- Lower back
- Hip flexors in pelvis
A little light cardio can be a great way to loosen and warm up cold, tight muscles. Cardio to warm up is often referred to as “dynamic” stretching. Dynamic stretching means you are moving your body as a way of warming up and loosening the muscles. “Static” stretching means you are not moving your body — you are holding your body still and are just focusing on stretching the one muscle (one meaning of static is to not move.) Below are static and dynamic movements you can perform as part of a warm up, cool down, or even as their own 30 minute workout routine.

**BUILD YOUR ROUTINE**

*for images or illustrations of the stretches, do an internet search and check the BEFORE YOU START page at the front of this Toolkit*

- Side bends: in a slow, controlled manner without twisting body, lean torso from waist (side) to the left until tips of left finger are just above side of left knee, then return to center. Start with one to two sets of 8 to 12 repetitions. Repeat to the right side.

- Hamstring stretch: from standing position or while sitting on the floor with legs in front of you. Slide your hands down your legs until you feel a burning sensation in back of thighs. Hold for 20-30 seconds, slowly return to starting position, repeat 3 more times.

- Quadricep Stretch: while standing, bend knee and lift back of heel towards butt, holding ankle from behind in order to gently stretch front of thigh (or lie on stomach, bend leg from the knee as far as you’re able so you can grab ankle to pull your heel towards butt.) Hold for 30 seconds, return to starting position, repeat 3 more times with each leg.

- Arm rolls: make small tight circles with arms (10 times inner motion, 10 times outer motion) while arms are extended out in front, then sides, then above head. Three sets.

- Shoulder & Neck: roll shoulders forward, backward, up & down to loosen area.

**Advanced**

- Wall sit (squats)
- Leg Lunges: step forward with one leg and lower knee on opposite side to stretch hamstring (don’t hit knee on the floor)
- Back arches: while standing with feet shoulder width apart and hands on hips or lower back, gently lean back, arching back
- Toe touches: while standing with feet should width apart, bend over with right hand towards left ankle and hold position. Repeat on opposite side - left hand towards right ankle and hold
- Jumping Jacks

**BE GENTLE WITH YOUR BODY - YOU ONLY HAVE ONE**
3. ABDOMINALS & CORE WORK

Form matters, especially when doing abdominal work. After you’ve found your clear, safe floor space and have your mat or towel laid out, get down on the floor and get ready to start. We want you to use a steady, measured pace so you don’t pull a muscle or strain yourself. You should feel tension or pressure, but not pain. If it hurts, you’re not doing it right (or you’re injured and need to see a doctor.) And remember to breathe! Steady breathing gets oxygen to your muscles and can help clear your mind.

LOWER ABDOMINAL WORKOUT

Starting position: lying on floor on your back, with both legs closed/feet together (ankles side by side), and hands in comfortable position (underneath body, behind head, tucked at side, or across chest)

- 10 leg raises: raise legs 6 inches (6”) off floor then lower but without letting feet/legs touch the floor, then repeat the movement for a 10 count. Rest 10 seconds then do

- 10 leg scissors: from starting position, raise legs 6” off floor and hold while you cross feet/ankles over & under each other for a 10 count. Rest 10 seconds then do

- 10 leg extenders: from starting position, raise legs 6” off floor and hold while you open legs then close legs for a 10 count.

- Rest 60 seconds then repeat the lower abdominal workout 3 times.

“REMEMBER TO BREATHE!”
MID-SECTION ABDOMINAL WORKOUT

Starting position: lying on floor on your back, with feet planted on floor and knees bent at 90 degree angle (like abdominal crunch position), and hands in comfortable position either underneath body, behind head, tucked at side, or across chest

- 10 kick outs: from starting position, kick out legs to straight and bring knees up towards chest 10 times without letting feet touch floor, and repeat the movement for a 10 count. Rest 10 seconds then do

- 10 crunches: from starting position, gently bring upper chest towards knees then back down, and repeat for a 10 count. Do not lift with the head or strain your neck. If you’re doing it right, you should feel pressure and tension in your mid-section (center and upper stomach area), not in your neck or shoulders. Rest 10 seconds then do

- 10 cross-over crunches: from starting position but with left hand to side of left ear and right hand to side of right ear, gently bring upper chest towards knees and cross tip of left elbow to right knee, and without resting lower chest back down then gently bring upper chest towards knees and this time cross tip of right elbow to left knee, and repeat the movement for a 10 count.

Rest 60 seconds then repeat the mid-section abdominal workout 3 times.

CORE STRENGTH

- Plank: from pushup position, rest on forearms and elbows with back and butt lined straight like a board, and hold position steady using your core (front & sides of abdomen) while you say the alphabet song at a regular talking pace. Rest 15 seconds, then repeat 3 - 5 times. (If you’re advanced, hold position for 60 seconds, rest 15 seconds, then repeat 10 times.)

- Mountain climbers: from pushup position, keep your core braced and shoulders level, supporting your weight on you hands and toes. Bring one knee towards your chest, then return it to starting position. Repeat the movement with the other leg, then continue alternating throughout (like mountain climbing movement.) You can do mountain climbers quickly or slowly, just keep your form. BREATHE!

Make sure you strengthen and stretch both sides of the body (left and right) as well as upper body, core and legs. Don’t just focus on your dominant (strong) parts that may be easier for your to workout. Aim for balance.
Hand-eye coordination is the ability to process information received by your eyes and send that information to your hands for a coordinated response. For example, in sports, good hand-eye coordination allows you to see a ball with your eyes and catch it in your hand or being quick enough to see the ball coming and to hit it with a bat or racquet. In boxing, improving your hand-eye coordination can make you quicker by reducing the time it takes for your body to respond (your response time) — in other words, you'll see your opponent about to make contact and you'll quickly respond by ducking, sidestepping and/or countering.

“IMPROVING YOUR HAND-EYE COORDINATION CAN MAKE YOU QUICKER”

SWITCHING FOCUS

- Take two similarly sized objects, like playing cards. Place one object about 6 feet away and the other about 17 to 19 inches away.

- Focus on the object closest to you for 5 seconds, paying attention to as many details as you can in the 5 seconds, then look at the object that’s farther away. Keep switching back and forth, seeing new details each time. Do this for a few minutes.

You can try doing this exercise with an object on your left and right

*for reference, one sheet of notebook paper is 8.5” x 11” meaning it’s 8.5 inches across the top and 11 inches top to bottom.
CATCH SOLO

- gently toss a tennis ball, handball or other small soft object in the air and catch, using different hand/arm/body positions:

  - while standing or sitting, use an underhand from waist position to gently toss up into air then catch. Please don’t break anything in your home!

  - while standing, sitting, or lying on back, with elbow and forearm above head, use an overhand motion to gently toss in upward motion and catch (similar motion to shooting a basketball.) Watch out the ball doesn’t hit you in the face!

JUGGLING

- Get 3 beanbags or hacky sacks.

- Hold 2 in your dominant hand and 1 in your other hand.

- Stand with your elbows bent 90 degrees with your palms facing up while looking straight forward.

- Gently toss 1 of the paired up beanbags into the air, so it goes at your eye level (later, once you get the hang of it, you can toss it higher.)

- Immediately throw the beanbag in your opposite hand into the air, with the same gentle toss and at the same eye level.

- Toss the beanbag that’s left in your dominant hand into the air.

- There should be a very brief moment when all three beanbags are in the air at the same time.

- Catch the beanbags in the order you threw them, with the opposite hand from which you threw them.
stance matters. Are you going to box southpaw or orthodox? What’s the difference? Southpaw means left hand dominant - your left hand is stronger because you use it more - to hold a pen or pencil to write, to hold your fork or spoon to eat, to throw something. To box in an orthodox stance means right hand dominant (right-handed.) In boxing, your dominant hand is called your power hand. Get into your boxing stance: whatever hand is your power hand, keep that same foot back in your stance, with the power hand to the rear (guard position.) Keep the non-dominant hand and that same foot to the front of your stance (lead position.)

- If your right hand is the strongest — meaning you are right-hand dominant (orthodox stance), keep your right foot back with left foot towards front. This way, you use your left hand in front to jab. Your right power hand is in the back of the stance, in position to come from the back, off the hip, with power.

- If your left hand is the strongest meaning you are left-hand dominant (southpaw stance), keep your left foot back with right foot towards front. This way, you use your right hand in front to jab. Your left power hand is in the back of the stance, ready to come from the back, off the hip, with power.

**SWITCHING STANCES**

A skilled right-hander like Marvin Hagler could box in southpaw stance, throw a right jab followed by a strong left cross with the intention of making the opponent slip to the outside (to the opponent’s left side / boxer’s right side), then the converted right-hander can simply shift the body to face their opponent in orthodox and follow up with an unexpected powerful right cross. Oscar De La Hoya is a natural southpaw (leftie) who fought in orthodox stance, delivering stunning left jabs with his power hand.
Famous southpaw dominant boxers include Manny Pacquiao, Marvin Hagler, Hector Camacho, Pernell Whitaker, Vasyl Lomachenko, Oleksandr Usyk, Shakur Stevenson, Sergio Martinez, Zab Judah, Joe Calzaghe, Michael Moorer, Theodore “Tiger” Flowers, Rocky Balboa (fictional), and MMA female champion Holly Holm.

Try practicing throwing punches from southpaw and orthodox stances. Remember, form matters. Even though you’re shadow boxing and not making contact, how you practice at home is how you’ll train when you get back to the gym, and how you’ll punch if you get in the boxing ring. If you’re making a fist while shadow boxing, be sure your thumb does not extend out past your knuckles — so when you do hit a heavy bag or get into the ring, you don’t break your thumb.

- Try to practice in front of a mirror, but only if it’s safe to do so.
- Be aware of your space so you don’t hurt yourself or anyone else, or break anything.

**KEY TECHNIQUES TO PRACTICE (SHADOW BOX)**

*for images or videos, try doing an internet search and also check the BEFORE YOU START page at the front of this Toolkit*

- **JAB**: the Jab a fast and straight punch thrown with the lead hand from your boxing stance, with a clockwise rotation of the torso. Rear hand is held at face in guard position. Use a Jab to test your opponent’s distance, and to try to keep opponent at a distance from you. Throw a Jab to distract your opponent and set up a straight power punch that follows (combination.)

- **CROSS**: the Cross is a straight punch thrown from the rear hand from your stance (from the guard position), with your rear hand crossing your body and striking the target straight on. While the rear hand is thrown forward, the lead hand is pulled back a bit into guard position to protect against a counter punch. The Cross is often used as part of a 1-2 combination (Jab, Cross) for a great illustration, see [www.mightyfighter.com/how-to-throw-a-cross](http://www.mightyfighter.com/how-to-throw-a-cross)

- **BOBBING AND WEAVING** – as soon as your opponent throws a punch, you quickly bend at the knees (not your waist) while moving your head sideways then come back up (like in a “V” shape motion), effectively getting to the outside of the punch. Remember to keep both hands up, keep your weight balanced, and do not bend forward or lean back. Keep your eyes on your opponent’s face or chest so you can spot any movement. For a good example, see [www.mightyfighter.com/how-to-bob-and-weave](http://www.mightyfighter.com/how-to-bob-and-weave)
You may think it’s weird when coaches and trainers tell you to breathe. You may think, “I am breathing,” “of course I’m going to breathe...if I don’t, I’ll pass out” Or, “Breathing is natural...I don’t need anyone to tell me to remember to breathe.” But what is the quality and pattern of your breathing? Do you take alot of shallow (short) breaths, or even catch yourself holding your breath sometimes? When you’re feeling mad, afraid, worried, distracted, or too excited, try to calm yourself or focus yourself with “tactical” breathing.

**TRY TACTICAL BREATHING**

Inhale (breathe in) for a 4 count. Hold for a 4 count.
Exhale (breathe out) for a 4 count. Hold for a 4 count. Repeat

*With your eyes opened or closed, count it out for yourself silently in your mind while doing it (with practice, you’ll learn the rhythm and won’t need to count):*

In, 2, 3, 4. Hold, 2, 3, 4.
Out, 2, 3, 4. Hold 2, 3, 4.
In, 2, 3, 4. Hold, 2, 3, 4.
Out, 2, 3, 4. Hold 2, 3, 4.

When you’re doing your homework, concentrating on a project, or working out — do you find that you are taking in short breaths, mostly thru your chest? This brings small amounts of oxygen (minimal oxygen) to the lungs. To bring greater amounts of oxygen to the lungs, brain and rest of the body, try breathing in deeply thru your diaphragm - a long muscle between your chest and your abdomen. *If you’ve ever lost your breath after being hit in the stomach area, it’s because you’re diaphragm was hit.* Breathing deeply thru the diaphragm is called diaphragmatic breathing, or belly breathing.
TRY BELLY BREATHING

**Inhale:** to breathe in thru your nose (also known as your nostrils)

**Exhale:** to breathe out thru your nose (nostrils)

- Inhale and Listen to your breath. Exhale and Listen to your breath.
- Inhale so you can hear your breath and long enough to see your chest rise a little.
- Exhale so you can hear your breath and long enough to feel your chest go back down. Place your hands gently across your belly and imagine your belly is a balloon.
- Inhale enough to feel your chest rise, your lungs open up, and your belly (balloon) feel like it’s getting bigger (inflating like you put air in it.)
- Exhale enough to feel your chest go down and your belly (balloon) feel like it’s getting smaller (deflating like you let the air out of the balloon.)

Repeat 3 to 5 times, but **if you begin to feel light headed or dizzy, stop right away and take normal, regular breaths.**

Breathing from the belly works our diaphragm - that large muscle between the chest and abdomen (belly area) - and helps to balance the body and the mind. Belly breathing can relieve tension and stress we are carrying in our neck, shoulders and chest, helping us to have better posture, better breath capacity, and better sports performance. Belly breathing also activates our parasympathetic nervous system which is our body’s rest and digestive mechanism — a few minutes of belly breathing can improve circulation, boost the immune system, calm the nervous system, slow the heart rate, conserve energy, increase breath capacity, and relax us.

“BELLY BREATHING HELPS BALANCE THE BODY & MIND”
Hormones are regulated during sleep. Sleep influences what and how much we eat, our temperament (mood), and the quality of our decision-making. For example, if we’re not getting enough sleep, our hunger hormones become out of whack, which increases feelings of hunger and decreases our body’s ability to feel full and satisfied. The lack of sleep sets us up to eat more and to make unhealthy choices — because of hormones being out of whack and fatigue. An imbalance in our hormones and fatigue can cause us to feel more emotional — to be more on edge, or to cry more, or to have less motivation or less willpower — and to misread our body’s cues and mistakenly think we need to eat when really we are thirsty or need a nap.

Lack of sleep can make you cranky, fuzzy-minded, out of control and out of balance. For your body to regulate itself, you need rest. For your body to recover after working out, you need rest. To build strong muscles, you need rest. To have quick reflexes, you need rest. To perform well, you need rest. To make good choices, you need rest. To be a joy to be around, you need rest. According to medical professionals, for optimal health we need:

“SEVEN HOURS OF QUALITY REST EACH NIGHT”

Quality rest means you’re not too hot or too cold, too full or too hungry, too thirsty or getting up frequently to use the restroom, too stimulated from sugar or screen time. Quality rest means your sleep is not being interrupted by your phone beeping and vibrating with notifications all thru the night. Quality rest means you are sleeping comfortably. Quality rest means enough “shut eye” for your body to fall into a deep sleep and go thru rapid eye movement cycles.
TIPS FOR GETTING QUALITY REST

- Set a nightly sleep goal. Set a bedtime goal. Set a goal for what time you’ll get out of bed to start your day. Try your best to stick with and honor your goals.

- Try to avoid using light-emitting devices (tv, cell phone) within an hour of going to bed. Instead, try reading something relaxing, listening to calming music, or taking a warm bath or shower.

- Develop a bedtime routine. Over time, it will trigger your mind and body that it’s time for sleep. Set a gentle alarm to remind you when it’s time to start winding down.

- Try not to go to bed hungry or stuffed. Your discomfort might keep you up.

- Get regular exercise (but avoid being too active close to bedtime)

- Avoid nicotine, caffeine and alcohol. The stimulating effects of nicotine and caffeine can take hours to wear off. And even though alcohol might make you feel sleepy, it can disrupt sleep later in the night.

“DEVELOP A BEDTIME ROUTINE”

Naps aren’t just for toddlers. If you’re sleepy or feeling worn out, a short nap can be refreshing. The key is to keep naps short (under 40 minutes) so you don’t interrupt your ability to fall asleep at bedtime.
Proper nutrition is just as important as proper rest. When we eat food that is not healthy for us or we fill up on sugary drinks or snacks, we may feel satisfied at the moment, but later we can lack energy, become cranky, feel like we’re a little sick or out of balance, or all of the above. The same thing can happen when we eat too little or don’t get enough nutrients — we can lack energy, become cranky, feel like we’re a little sick or out of balance, or all of the above.

READ NUTRITION LABELS & INGREDIENTS LIST

Pay attention to the serving size, especially how many servings there are in the food package or drink. For example, ask yourself if you are eating or drinking ½ serving, 1 serving, or more. The number of servings you eat or drink determines the number of calories you actually take in. Eating and drinking too many calories per day is linked to overweight and obesity.

To keep good form and a good attitude while working out, you need proper nutrition. If you haven’t eaten for a few hours before working out, you definitely should have a snack before your work out — a snack that’s under 200 calories so you don’t feel too full and that has a balance of carbohydrates, protein, and fat — for example, a nutrition bar, or half a bar and some milk, or chocolate milk by itself, or yogurt with nuts or fruit.
PROPER NUTRITION MEANS GETTING ENOUGH WATER, VEGETABLES, GRAINS, FRUITS, LEAN PROTEIN AND HEALTHY FAT EVERY DAY.

WHAT DOES PROPER NUTRITION LOOK LIKE?

Visit ChooseMyPlate.gov and check out the flyers in the back of this Toolkit to see what a healthy plate looks like.

- Half your plate fruits and vegetables. Fruits can be fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert. Choose a variety of colorful veggies prepared in healthful ways: raw, steamed, sautéed, or roasted. Add fresh, frozen, or canned vegetables to salads, sides, and main dishes.

- More lean proteins like seafood, beans and peas, unsalted nuts and seeds, tofu or other soy products, eggs, and poultry
- More steaming, sautéing, roasting or baking and less frying
- More fresh and less processed
- Less sour cream, cream, and regular cheese
- More low fat yogurt, low fat milk, and low fat cheese
- Less sodium (salt), saturated fat (animal fat), and added sugars
- More Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium
- More water and less sugary drinks

what is 1 thing you can do to get proper nutrition?

(write it here and tell a parent or friend who can help you)
9.
PROPER SELF-CARE

Self-care does not mean selfish. Self-care does not mean you are putting your needs above and ahead of others because you think you’re more important than others or because you are being selfish. Proper self-care means you are equally important as others, and you are prepping yourself to help others.

We created this Toolkit because we care about you. We don’t want you to burn out. Our motto is for you to “GET FIT, GET FAST, GET STRONG — AND HAVE FUN” and that includes proper self-care!

WHAT DOES SELF-CARE LOOK LIKE?

Self-care will look different from person to person because it is based on:

- You doing what is right for you to become healthier and more balanced physically, mentally and emotionally;
- You identifying (naming) and beginning to address any negative or low emotions that you may be experiencing, including seeking counseling or other professional resources to help you address challenging situations or difficult times; and
- You doing something positive, fun, creative or relaxing that creates a sense of wellbeing in you or makes you feel refreshed.
“ACKNOWLEDGE & AFFIRM”

- My feelings are important. My physical health is important. My fitness is important. My emotional and mental health and wellness are important. My self-care is important. I am important.

“GET CREATIVE”

- Take time to think, reflect and write:
  - one thing or person you’re grateful for today (or that made you smile, or was interesting, funny or brought you joy today) and why
  - a short note thanking someone for who they are or to say that they matter
- Sketch, draw, or color, make music or listen to music
- Try out a new recipe
- Read a book or comics just for fun
- Watch a funny movie or show
- Tell jokes, riddles or share a laugh with friends or family

“MAKE CONNECTIONS”

- Attend virtual support groups
- Reach out to peer run warmline 855-845-7415
- Teenagers can call 310-855-4673 or Text the word TEEN to 839863
- Use one of the hotline or warmline resources from this Toolkit

“HAVE FUN WITH FITNESS”

- Have fun with the Exercises and Shadow Boxing Techniques from this Toolkit
ADDITIONAL RESOURCES
BECAUSE WE CARE

- Trusted COVID-19 Sources of Information:
  
  Los Angeles County Department of Public Health
  http://publichealth.lacounty.gov

  California Department of Public Health
  www.cdph.ca.gov

  Centers for Disease Control and Prevention
  www.cdc.gov

  World Health Organization
  www.who.int

- LA County Library Online Acess
  https://lacountylibrary.org/audiobooks

- Speak with a therapist during COVID-19: Hillsides TeleHealth services is open to anyone with Medi-Cal ages 0-59 during COVID-19 (see flyer for info)

- Teenagers can call 310-855-4673 or Text the word TEEN to 839863 to talk with other teens to vent or get support from trained teenagers who can relate and understand. teenlineonline.org

- Youth ages 12-24 and families can call or text 866-442-5612 support line any day or time to reach California Coalition For Youth professional trained staff and volunteers

- National Suicide Prevention Lifeline 1-800-273-8255
  - Support for deaf and hard of hearing: 1-800-799-4889
  - Veterans Crisis 1-800-273-8255 or Text 838255
  - Nacional de Prevencion del Suicidio 1-888-628-9545

- www.eatfresh.org for healthy, low-cost recipes, meal plans and other healthy tips
- www.calfresh.ca.gov can put fresh foods like fruits and vegetables on your table
- https://hungerandhealth.feedingamerica.org information, tools and resources to address food insecurity

- Guide to Wellbeing Apps flyer