



BNH Online Resources during COVID-19

1) Online free courses:

- a) Coursea
<https://www.coursera.org/>
- b) EDX
<https://www.edx.org/>
- c) Duolingo (learn language)
<https://www.duolingo.com/>
- d) BPL online resources (access to video books, movies and lynda.com where can learn online for free all you need is your library card# and pin)
<https://www.bpl.bc.ca/databases>
- e) Gardening: free master gardening course
<https://workspace.oregonstate.edu/course/free-intro-to-oregon-master-gardener-program>
- f) Introduction to Self-Determination Theory: An approach to motivation, development and wellness | Coursera
<https://www.coursera.org/learn/self-determination-theory#syllabus>
- g) Buddhism and Modern Psychology | Coursera
<https://www.coursera.org/learn/science-of-meditation>

2) Resources:

- a) Financial support for Covid
<https://www.canada.ca/en/department-finance/economic-response-plan.html>
- b) How long does Covid last on surfaces
<https://www.webmd.com/lung/how-long-covid-19-lives-on-surfaces>

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3) Entertainment:

a) Play games online

- i) JackBox
<https://www.jackboxgames.com/games/>
- ii) Board game arena
<https://en.boardgamearena.com/>
- iii) Steam (There's paid but here's some free games as well)
<https://store.steampowered.com/search/?term=freehttps://en.boardgamearena.com/>

4) Feed your Body

a) Recipes

- i) Kimchi
Probiotics helps your immune system fight against illness. Fermented foods are a great way of getting probiotics into your diet naturally.

Here's an easy recipe to make Kimchi: <https://www.feastingathome.com/how-to-make-kimchi/>

b) Boost health and Immunity

- i) <https://www.healthline.com/nutrition/8-fermented-foods>

5) Feed your Soul... Self Care

Exercise and meditation are great ways to boost your mood and calm your spirit.

a) Meditation Video

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

b) Exercise

- i) 7 minute workout (you can do this!)
<https://7minuteworkout.inj.com/>

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6) Laughter is the best Medicine

- a) Funny Music Video (Caution this might laugh out loud)
<https://youtu.be/URgKNUJhd4>
- b) <https://www.youtube.com/watch?v=M5azNpTwVk8&feature=share>
- c) <https://www.youtube.com/watch?v=ojrtwXqgc6g>
- d) Celebrate what's right with the world
https://youtu.be/gD_1Eh6rqf8

7) Food for the Soul ...This week's inspirational poem

“Even after
All this time
The Sun never says to the Earth

“You owe me.”

Look
What happens
With a love like that
It lights the whole sky.

-Hafiz

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