



## 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>

*Our Mission is to make neighbourhoods better places to live.*



### 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](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

