



In Bloom

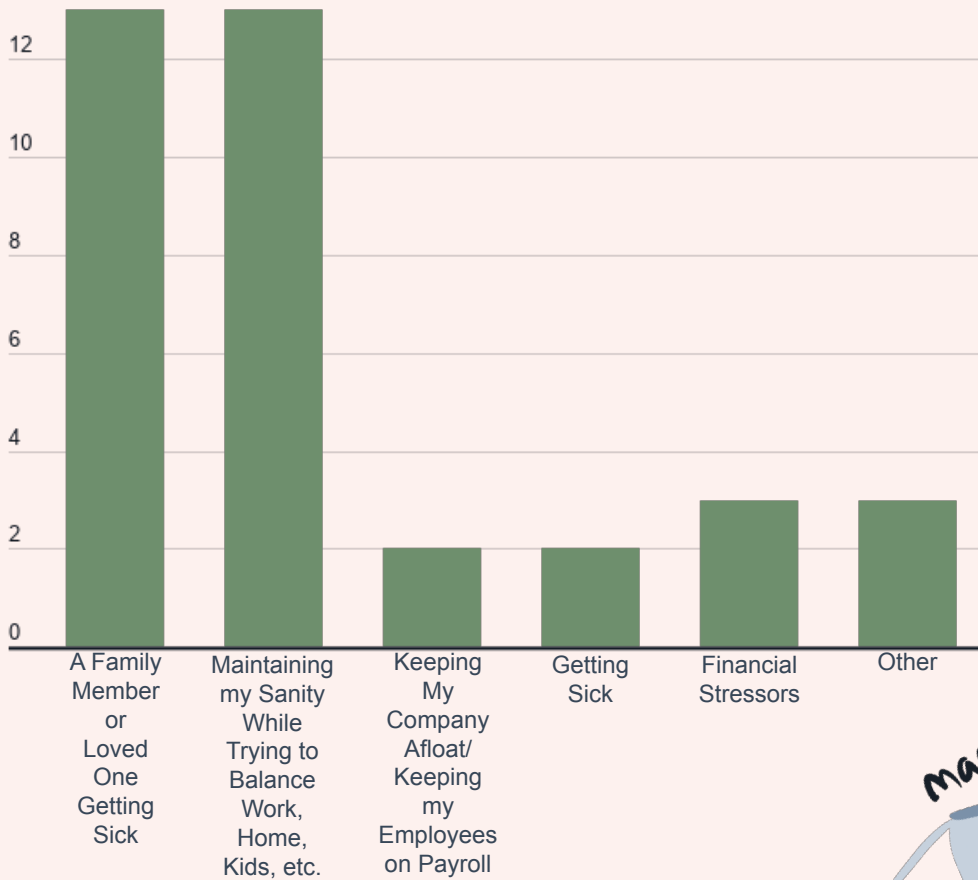
TIPA WOMEN IN PRODUCE

PRESENTS

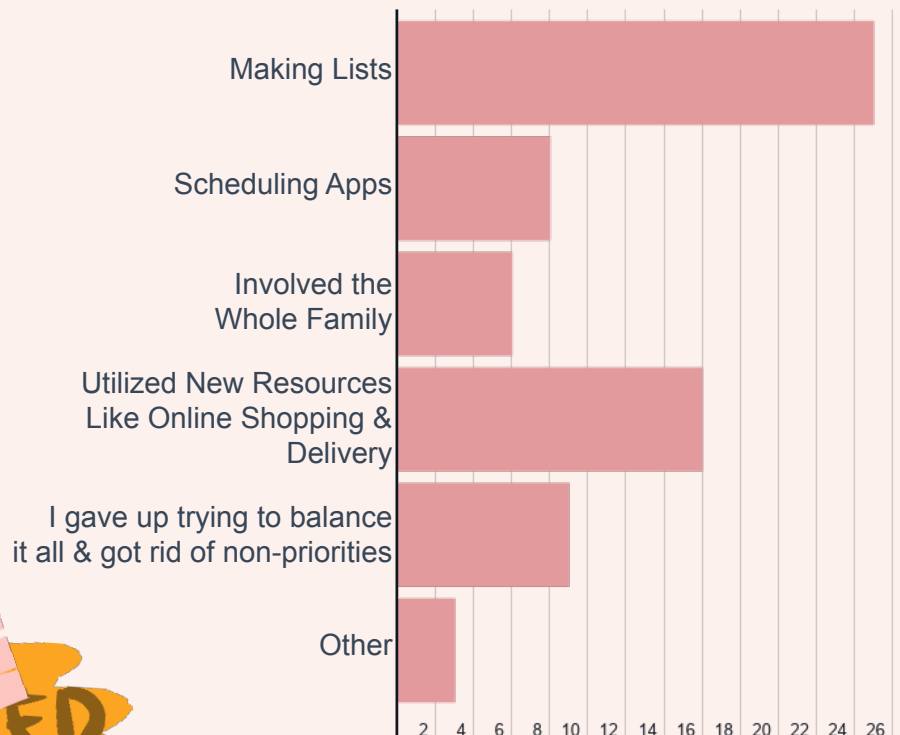
*Bloom Where
You are Planted*

POLL RESULTS
& RESOURCES

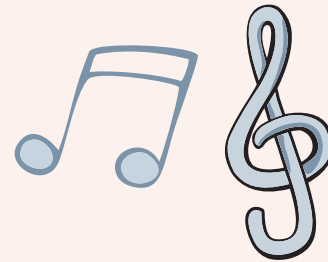
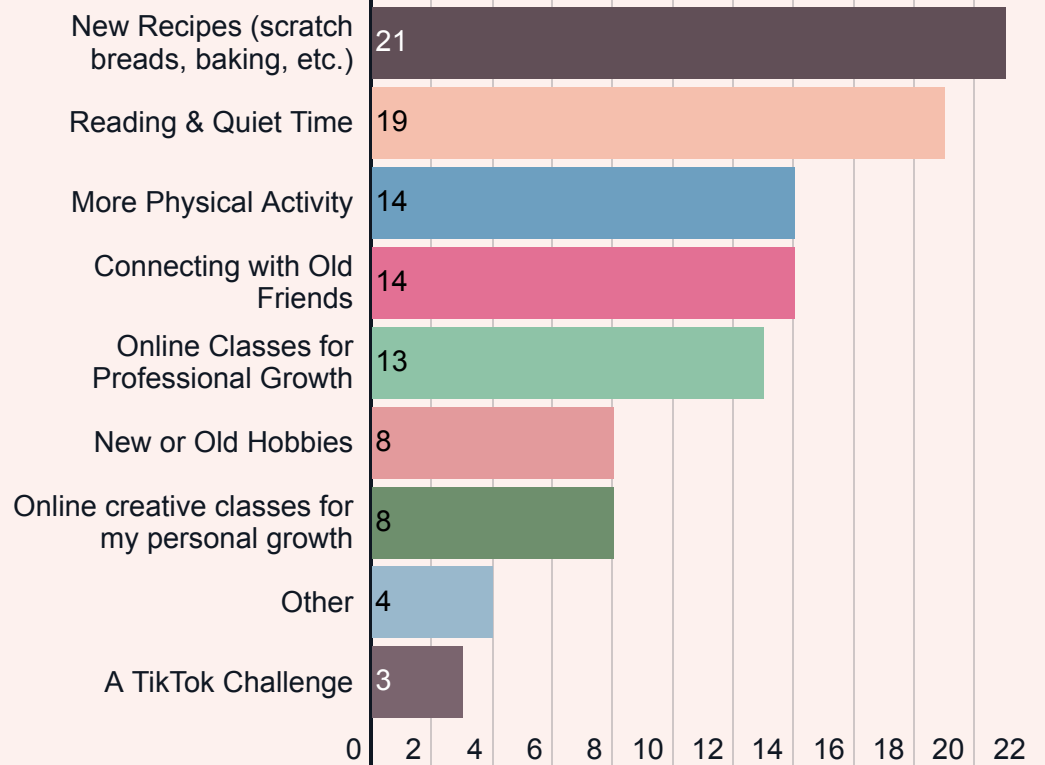
WHAT IS YOUR BIGGEST WORRY DURING THE PANDEMIC?



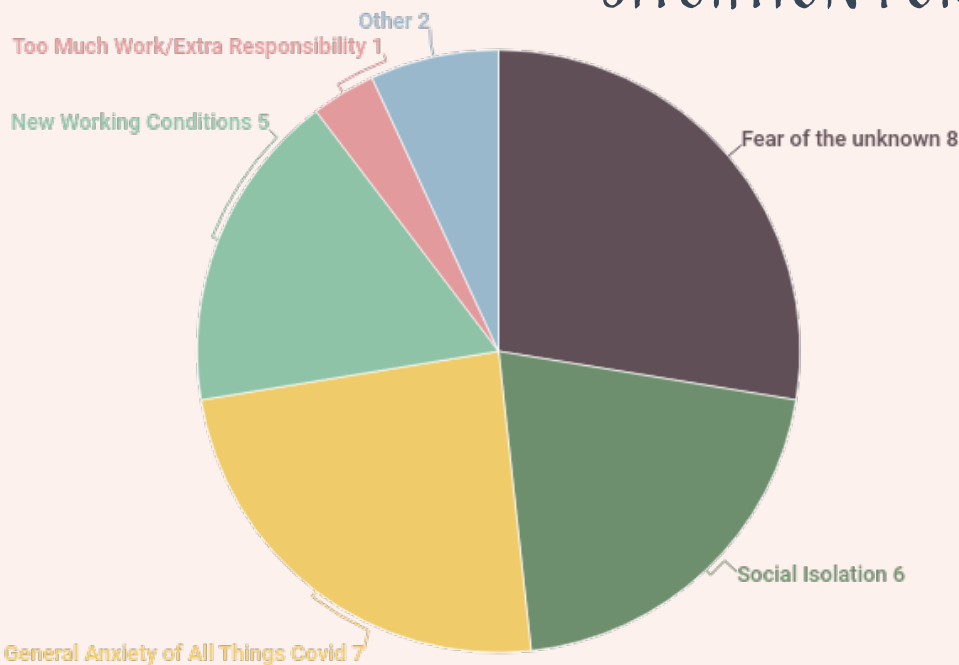
HOW HAVE YOU JUGGLED THE DAY TO DAY BALANCING ACT & PRIORITIZATION OF EVERYTHING THAT NEEDS TO GET DONE DURING THIS NEW NORMAL?



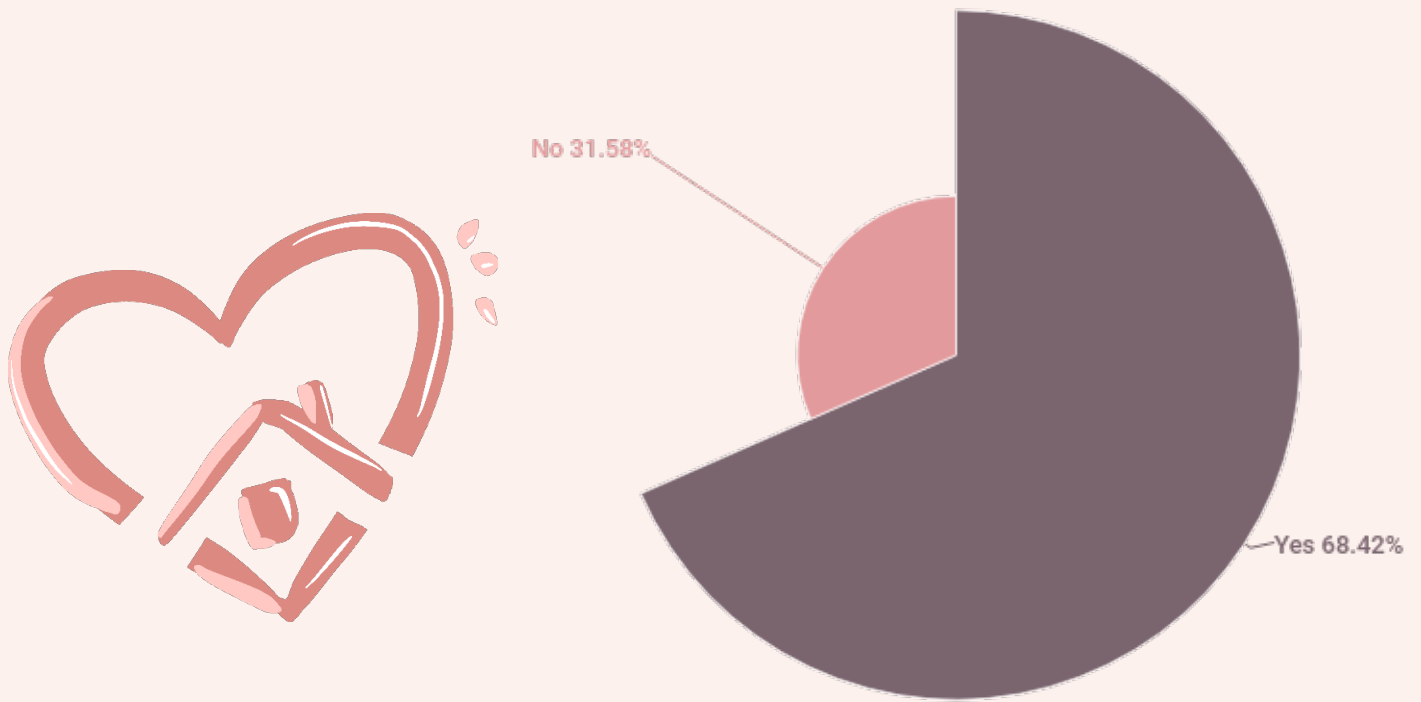
WHAT ARE SOME OF THE NEW THINGS YOU'VE TRIED DURING THIS TIME?



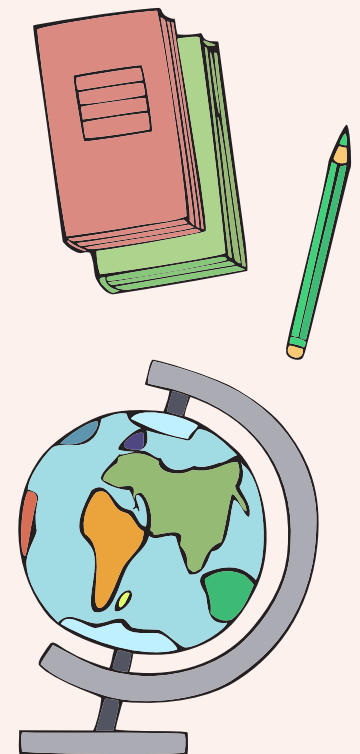
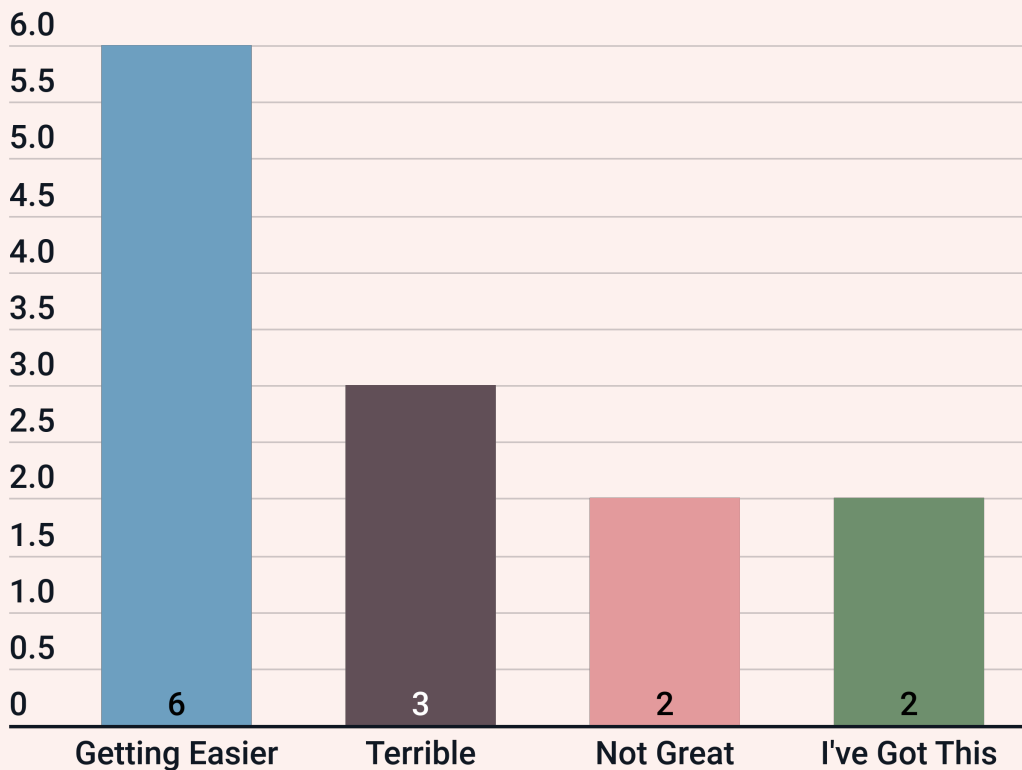
WHAT HAS BEEN THE HARDEST PART OF THIS SITUATION FOR YOU TO MANAGE?



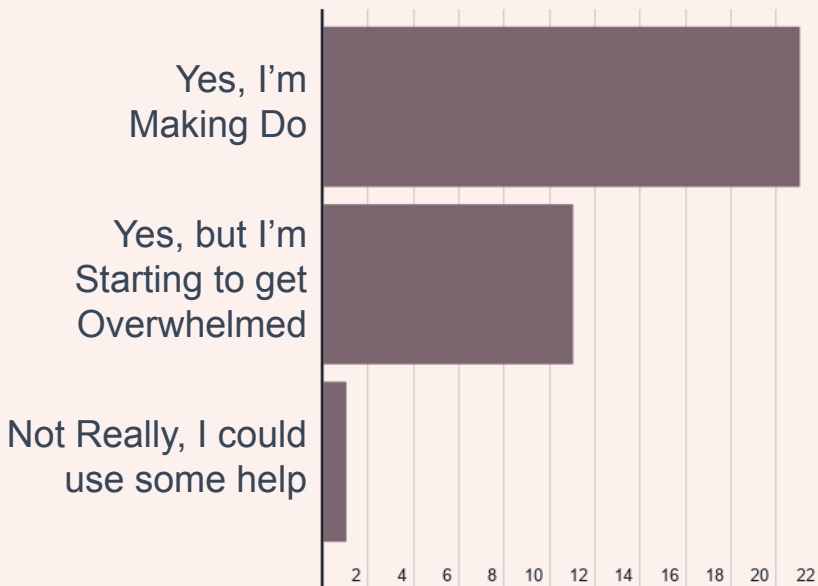
ARE YOU HOMESCHOOLING OR PROVIDING ADDITIONAL CAREGIVING?



IF YOU ARE HOMESCHOOLING...HOW'S IT GOING?

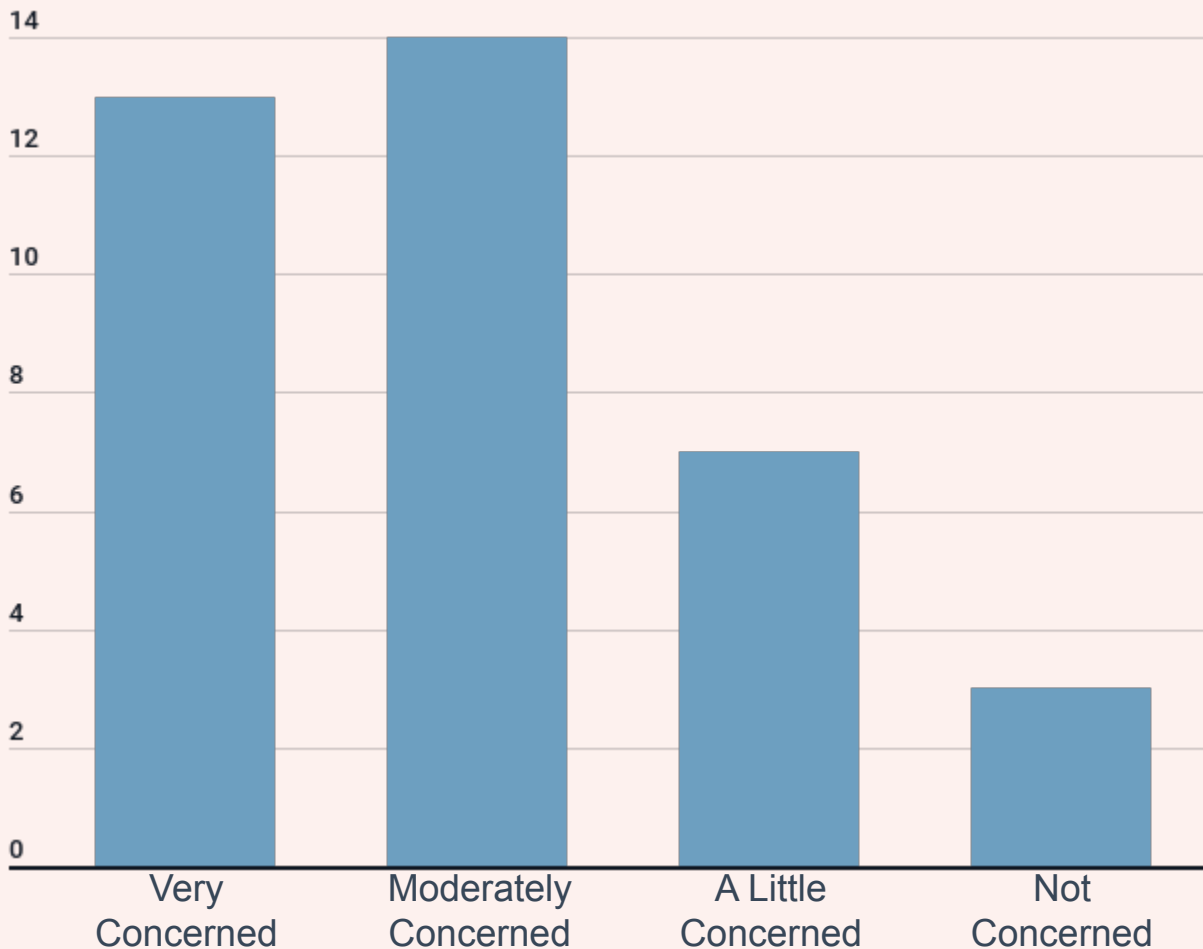


DO YOU FEEL LIKE YOU ARE COPING OK WITH THE EXTRA STRESSORS DURING THIS TIME?



Just Breathe

WHAT IS YOUR LEVEL OF CONCERN ABOUT HOW COVID-19 WILL IMPACT YOU, YOUR FAMILY OR YOUR BUSINESS?



RESOURCES

(BECAUSE WE ALL NEED A LITTLE HELP SOMETIMES)

CREATIVITY:

The Creative Entrepreneur:

<https://www.amazon.com/Creative-Entrepreneur-Visual-Guidebook-Business/dp/1592534597>
Creative Journaling class that Cindy discussed.

Wild Free & Crafty

<https://www.youtube.com/c/wildfreeandcrafty>
Offers free art lessons for kids and adults:

Free Photography Courses:

Professional Photographers of America has unlocked 1100+ online courses until the end of May.
<https://www.ppa.com/education-unlocked>

Adobe:

<https://learning.adobe.com/digi-tech-learning.html>
Thinking of going digital? Adobe Learning is offering free classes on Marketo and Magento until June 30.

Skill Share:

Try a 14 day free trial to learn a variety of skills: <https://www.skillshare.com/?via=header>

MENTAL HEALTH:

Mindfulness and managing stress:

<https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/>
Dozens of simple mindfulness exercises can be found here to help cope with stress, anxiety and rumination.

Crisis TextLine:

Text HOME to 741741 to connect with a Crisis Counselor

State of Texas COVID-19 Mental Health Support

Available to call 24 hours a day, 7 days a week: (833) 986-1919

SAMHSA's Disaster Distress Helpline

Call 1(800) 985-5990 or text 66746.

PHYSICAL HEALTH:

Fitbit:

<https://www.fitbit.com/us/products/services/premium>
Fitbit is offering a free 90 trial of their premium service.

Beach Body

Here's a list of all free beach body on demand workouts:
<https://www.beachbodyondemand.com/blog/beachbody-free-workouts>

Fitness Blender

Free cardio, strength and stretch workout videos

FAMILY RESOURCES:

Talking to your kids about coronavirus:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Family Meeting ideas:

<https://www.verywellfamily.com/how-to-hold-a-successful-family-meeting-4155312>
<https://centerforparentingeducation.org/library-of-articles/healthy-communication/holding-family-meetings/>

Don't forget to play!

Lego is hosting daily play challenges & new play ideas, and live build-a-longs are being shared in photos and videos on social media using the hashtag #LetsBuildTogether and at www.lego.com/letsbuildtogether.

HOME SCHOOL RESOURCES:

Khanacademy.org

Bite-sized video tutorials for k-12 subjects. Simply type a term (ie. proper nouns, divide fractions, gravity) in the search bar, and select the video of your choice.

Rosetta Stone:

3 free months for students: <https://www.rosettastone.com/freeforstudents/>

ACT Academy:

In-person classes may be cancelled, but the college admissions process is still moving forward. Free on-line test prep for your high school student is available at: <https://academy.act.org/>

Audible:

Until schools reopen, audible is allowing students to stream a large selection of stories and books ranging from Winnie the Pooh to Jayne Eyre. This is especially helpful for emerging readers, challenged readers, and those who need help pacing: <https://stories.audible.com/start-listen>

National Emergency Library:

Waitlists for 1.4 million e-books have been suspended until June 30th, ensuring that students have access to the texts they need during the pandemic:
<https://archive.org/details/nationalemergencylibrary>