

Tools to Promote Emotional Well-being During COVID-19 Pandemic

Food Resources:

- Online Grocery Shopping: <https://www.avenuecalgary.com/restaurants-food/grocery-delivery-services-in-calgary/>
- Food Prep Meal Kits: <https://www.styledemocracy.com/best-meal-delivery-services-canada/>
- My Fitness Pal App- Tracking food
- Lose it App- Tracking food
- Mealime App- Meal ideas, recipe, and grocery list
- Eatthismuch App - Meal ideas, track food and makes a grocery list
- Tasty App- Recipe Ideas

Fitness Resources:

- Work out ideas for targeted muscles: <https://musclewiki.com/>
- Female and Male Instructors
<https://www.fitnessblender.com/>
<https://www.popsugar.com/Workouts>
- Male Instructors
<https://www.youtube.com/watch?v=WsFMkXBJEvU&list=PLfNsMbADHaOk1VotaCcgM6BSgNy6CPkSI>
<https://www.youtube.com/user/TheFitnessMarshall>
- Female Instructors
<https://www.chloeting.com/program/>
<https://www.blogilates.com/>
<https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ>

Screen Time:

- Family Plan- <https://www.healthychildren.org/English/media/Pages/default.aspx>

Websites:

- Anxiety Canada - <https://maps.anxietycanada.com/en/>
- Mindful-<https://www.mindful.org/>
- Understood-<https://www.understood.org/>
- Attitude-<https://www.additudemag.com/>
- Youth Mental Health Canada - <https://ymhc.ngo/resources/covid-19/>

Mental Health Applications

- Rootd - <https://www.rootd.io/>
- Daylio - <https://daylio.net/>
- Calm (For adults and a section for children of all ages) - <https://www.calm.com/>
- Moodtrack Diary (2 versions: social and private; more suitable for adolescents) - <http://www.moodtrack.com/>