

FREE VIRTUAL RESOURCES

To Calm, Encourage and Motivate You
During the Coronavirus Pandemic



Connie Bennett

By Connie Bennett

Never before has the phrase, “We’re in this together,” held more meaning with nearly four billion of us around the planet (half of humanity at this writing) now under some sort of stay-at-home order due to the Coronavirus pandemic.

Although we need to do social distancing to protect our and others’ health and to slow the spread of COVID-19, we can do many productive, calming, creative things to thrive, not just survive, during this stressful time.

Together, let’s transform this Stuck-at-Home Lockdown into a Stay-at-Home Opportunity.

Indeed, we can choose to view this global health threat as an ideal time to rededicate ourselves to self-care; pursue projects we’ve put on the back burner for months, if not years; and lay valuable groundwork to become our very best selves.

Thanks to the generosity of many health, personal empowerment, motivational and fitness experts, as well as museums, galleries, and opera houses, we can enjoy many free virtual offerings that help us improve our minds, soothe our souls, and stretch our bodies while in isolation.

To help you view quarantine as a Stay-at-Home Opportunity, let’s turn to the amazing inspirational leader, the late Louise Hay, whose affirmation can bring us hope:

“All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe.”

—**Louise Hay** (1926-2017), Motivational Leader, Bestselling Author of *You Can Heal Your Life* and many others, and Founder of Hay House

Now, let's take a peek at some of the FREE offerings. For instance, in the privacy of your home, you can:



(Photo by Deniz Altindas on Unsplash)

- Calm down quickly by tapping with experts in Emotional Freedom Technique;
 - Get motivated to create a life you love with the inspiring Dream Builder Mary Morrissey;
 - Get uplifted by some of the World's Greatest Motivators such as Lisa Nichols, Bob Proctor, Les Brown, Jack Canfield, John Assaraf, Cynthia Kersey, and Shanda Sumpter;
 - Slim down, tone up, and get fit;
 - Become happy with Marci Shimoff;
 - Get still-timely reassurance, inspiration, and guidance from the late Louise Hay and Dr. Wayne Dyer;
-
- Enjoy culture galore, from watching livestream performances of the Metropolitan Opera to taking museum tours to catching Broadway shows;
 - Kick sugar to get a healthier, happier, sweeter life;
 - Learn about the Coronavirus from top experts;
 - Get inspired every day by a TED Talk, TED Circle, or TED Connects conversation series; and
 - Much more...

CLAIM CALM WITH TAPPING

First, the most important thing we all need to do to is to calm down—and quickly. If you don't already know about it, you want to learn about EFT or tapping.

Tapping—which is also known as Emotional Freedom Technique or EFT—is one of the fastest, most powerful, effective ways to calm down, boost your immune system, and lessen your food cravings.

Research reveals that tapping can produce powerful results. For instance, it can:

- Raise your immunoglobulin-A levels by a whopping 113 percent (that means you'll boost your immune system);
- Lessen junk-food cravings by 74 percent;
- Lower anxiety by 40 percent;
- Reduce cortisol (the fight-or-flight hormone) by some 37 percent;
- Reduce depression by 35 percent; and
- Boost happiness by 31 percent.

Remember, before you start tapping, make sure to wash your hands!

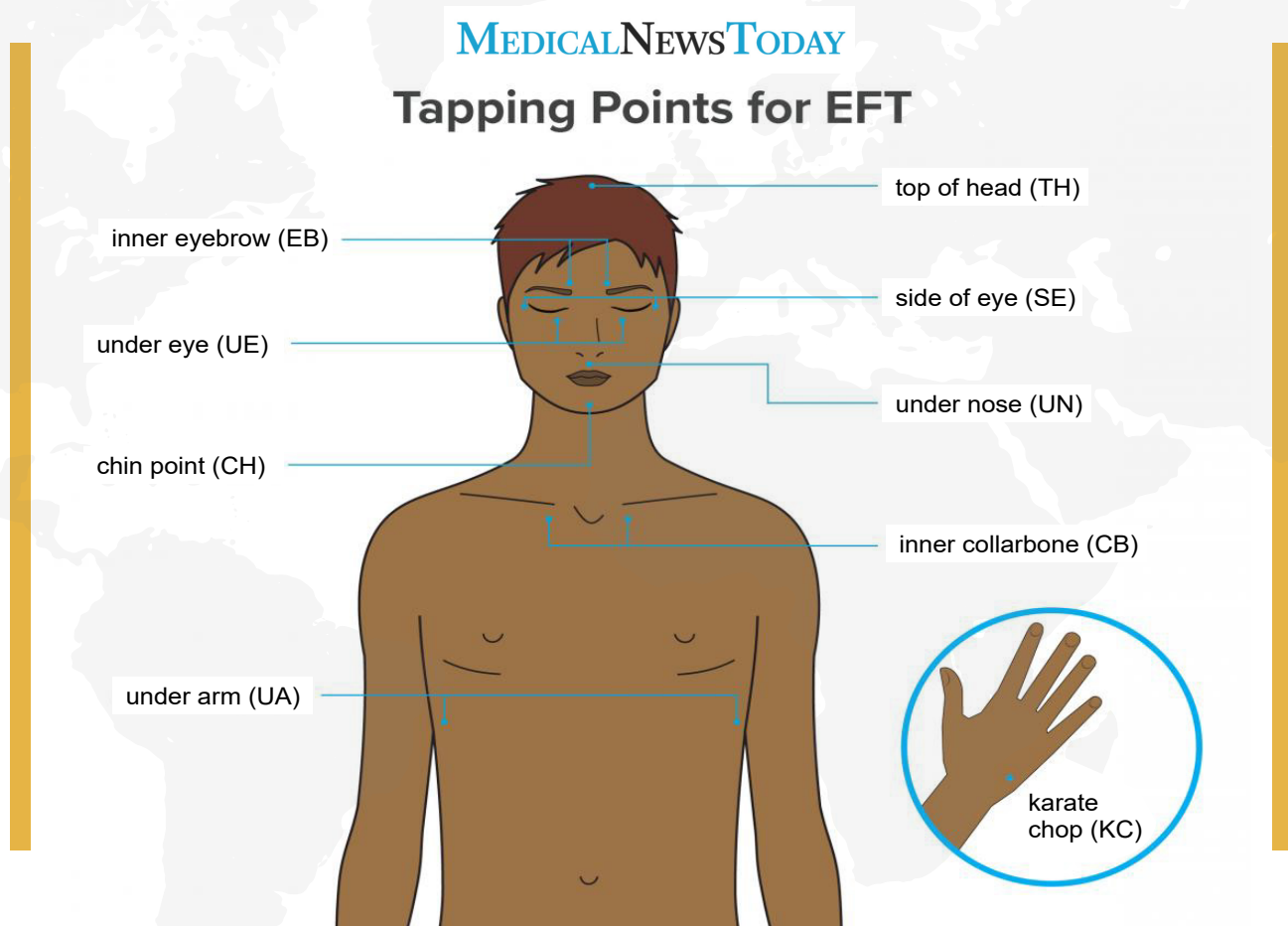
Science shows that you need to wash your hands *very carefully* for 20 seconds to kill germs.



THE TAPPING POINTS

Because millions of us are now feeling abnormally high levels of stress, some of the very best tapping experts on the planet are helping us release our Coronavirus anxiety.

But first, you need to learn the tapping points. Here is a useful graphic from [Medical News Today](#).



For those of you new to EFT, I invite you to discover the video, [What is Tapping?](#), with the always-helpful Nick and Jessica Ortner of [The Tapping Solution](#).

Now, here are some ways to shed your stress about the Coronavirus:

- You can watch Nick's Facebook Live on YouTube on [How Tapping Can Help Reduce Stress & Anxiety About Coronavirus](#).
- You also can tap along with Jessica to help [Release Coronavirus Anxiety](#).
- If going shopping for food is stressing you out, you can join Dr. Mary Ayers, who shares a valuable [Tapping For Grocery Store & Quarantine Triggered Feelings Of Scarcity](#).
- If you feel especially anxious and need immediate relief, Mary also offers a helpful [911 Emergency Tapping Session for "I'm being majorly triggered right now."](#)
- In addition, you can join Dr. Dawson Church for a [Tap away Anxiety Virtual Workshop](#).



[Share this list of FREE Virtual Resources to Calm, Encourage & Motivate You During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)

MOTIVATE WITH THE MASTERS

Meanwhile, some of the world's most inspiring, reassuring, uplifting leaders are now jumping in to serve billions of us in a big way. Here's a look at some exciting free offerings:

30 Days of Brave Thinking with Mary Morrissey



To begin, I encourage you to move into Brave Thinking at the start of every day for a month with Mary Morrissey, the inspiring international speaker, bestselling author, visionary, and empowerment leader, who has encouraged millions with her transformational talks and seminars for more than four decades.

Morrissey, a sought-after expert on the “Invisible Side of Success,” has spoken three times at the United Nations, facilitated three different week-long meetings with His Holiness The Dalai Lama, and met with Nelson Mandela in Cape Town, South Africa to address significant issues our world is facing.

Although Morrissey has a master's degree in Counseling Psychology and an honorary doctorate in Humane Letters and is the author of two bestselling books, *No Less Than Greatness* and *Building Your Field of Dreams*, her two favorite achievements are her two black belts—one in Success and the other in Failure.

Morrissey's short “Morning Mentor” videos will give you encouragement, inspiration, and guidance during our challenging times.

[Get 30 days of Brave Thinking with Morrissey here.](#)

Resources from Hay House

To lift your spirits during these trying times, I also encourage you to consume lots of valuable free content from Hay House, the motivational mind-body-spirit publishing company founded by the late transformational author Louise Hay.

Incidentally, Louise started Hay House in 1983 in the midst of the scary AIDS crisis.

During that dark time, when “most people were afraid,” she urged people “to take a positive approach towards healing,” Hay House CEO Reid Tracy points out.

Thankfully, Hay House is now offering a number of exciting free resources. For instance, you can:

- Watch the motivating, full-length movie, “You Can Heal Your Life.”
- Take the free online course, “Loving Yourself: 21 Days of Improving Self-Esteem with Mirror Work,” with Louise Hay and Robert Holden; and
- Read an article from Louise Hay on “How to Overcome Your Fears.”

In addition, you can get encouraged on the You Can Heal Your Life Podcast®.

In fact, to help us get valuable perspective on what we’re going through and advice on how to make things better, Tracy conducted 20-to-30-minute interviews with 30 Hay House authors, including the inspiring Gabrielle Bernstein, Gregg Braden, Dr. Dawson Church, Nick Ortner, and Rev. Iyanla Vanzant.



[Get your free goodies from Hay House here.](#)

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World's Greatest Motivators™



You also can get uplifted by 13 of the most motivating people on the planet in thirteen different episodes, which are now free online for a limited time.

For instance, to get a positive boost, you can watch videos with the awesome Bob Proctor, Les Brown, Jack Canfield, Lisa Nichols, John Assaraf, Cynthia Kersey, Shanda Sumpter and more.

The World's Greatest Motivators comes to you, courtesy of Lynn Kitchen and Julie Hamilton of Kitchen Hamilton Productions, along with David Meltzer of David Meltzer Enterprises.

[Watch the World's Greatest Motivators here.](#)

TED Talks, TED Connects: Community and Hope, TED Circles & TEDEd @Home

TED



More exciting free opportunities to grow, learn, and expand your horizons come to us, thanks to TED Talks.

In fact, as stated on its website, “TED is committed to being a resource for information, inspiration and hope.”

First, I encourage you to visit the TED blog to find out [What to Watch from TED on the Coronavirus Outbreak](#).

Then you want to learn about the many other things TED is doing:

- While the Coronavirus pandemic spreads across the globe, you can join [TED Connects: Community and Hope](#), “a free, live, daily conversation series featuring experts whose ideas can help us reflect and work through this uncertain time with a sense of responsibility, compassion and wisdom.”
- In addition, you can participate in [TED Circles](#), where you join small groups, watch a TED talk together, and virtually share your takeaways in global conversations.
- Plus, you and your family can get involved with [TEDEd @Home](#), during which you can explore daily lessons and activities that support teachers, parents and students.

Unleash The Power of Happiness in These Challenging Times



It's understandable if you haven't felt cheerful, upbeat or positive since the Coronavirus lockdown.

Now, to boost our joy, we turn to happiness guru Marci Shimoff.

I invite you to take an hour now to listen to an uplifting one-hour Zoom replay with Shimoff to learn about:

- The powerful effects of happiness during some of the most challenging times in history;
- How happiness influences your immune system;
- Why desiring happiness isn't selfish;
- How being joyful benefits others; and
- Several quick, easy, powerful processes that you can use ASAP to feel greater happiness.

[Listen to Shimoff's program, The Power of Happiness in These Challenging Times.](#)

Meditate with Oprah & Deepak for 21 Days: Finding Hope in Uncertain Times



Have you heard a lot about the value of meditation, but you don't know how to do it?

Now, you can join a free 21-Day Meditation Experience with Oprah and Deepak Chopra.

Inspired by the notion that it takes 21 days to create a habit, each meditation experience includes:

- Short guidance by Oprah and Deepak during which they share a teaching of the day;
- A 10-minute meditation with Deepak, who guides you to calm your mind by silently repeating a Sanskrit mantra; and a
- Motivational message.

[Access the 21-Day Meditation Experience™ with Oprah & Deepak for free here.](#)

HOW TO EAT DURING LOCKDOWN

Right now, during this Coronavirus pandemic, most of us around the globe have never faced such intense, overpowering, consistent stress.

What you need to know is that the research shows that [stress can cause us to overeat.](#)

What's more, scientists have linked weight gain to stress.



So right now, in addition to finding ways to calm down (such as doing EFT, meditating, and exercising), we need to be more attentive to what foods we're eating.

Of course, during this stressful time, it may be incredibly tempting to nervously nosh on or overeat processed sweets, fatty dishes, and carb garbage, or what I call *carb*bage.

But during this Coronavirus pandemic, we can still stand strong, especially when it comes to food. We can eat right. Indeed, we have a choice. We can select wholesome, nourishing, nutrient-dense foods instead of easy-to-buy junk foods.

While we face or ride out this pandemic, it's important to eat cleanly for several important reasons:

- First, you have an awesome opportunity now to get your best body during lockdown.
- Next, you do *not* need or want to pack on the unwanted "Corona 15." (That's the phrase people are using to refer to gaining 15 pounds under quarantine. This saying is a spinoff of the "Freshman 15," which is when a student may add on 15 pounds the first year at college.)
- Third, during this Coronavirus pandemic, you want to fortify your immune system. One of the best ways to improve your body's defenses is to cut out or reduce your intake of sugar or processed carbs, because as research shows, viruses thrive on sugar

Of course, during this very stressful time, you may be tempted to eat or overeat sugary snacks or carbbage. To help you let sugar go, for the first time ever, I'm offering a free download of my last book, *Beyond Sugar Shock! The 6-Week Plan to Break Free of Your Sugar Addiction & Get Slimmer, Sexier & Sweeter*.

As my gift to you, you can [download my book, *Beyond Sugar Shock*, for free for a limited time](#).

If you are one of many, who sometimes or often overeats when stress strikes, you need to carefully think about what foods you'll choose to keep in stock.

Ask yourself this: Can you keep high-calorie, gluten-and-sugar-filled cookies, crackers, or other processed snacks at home for a whole 14 days without overeating them?

Given the stress we're universally facing, just do the best you can.

But please bear in mind that when you eat foods that contain sugar, gluten, and processed carbs, your blood sugar levels may soar quickly, which means that you may get hungrier faster and more often.



10 Tips on Foods to Buy that Nourish You

Now, here are 10 tips on foods to choose to nourish you and help you slim down or stay the same weight while homebound during lockdown:

- 1) If you can, get fresh vegetables such as cucumbers, red cabbage, Brussel sprouts, celery, radishes, and cauliflower.
- 2) If you're having challenges finding fresh veggies in your part of the country or world, buy frozen or jarred veggies such as green beans, artichokes, and mushrooms. (Choose those with no added sweeteners.)
- 3) Stock up on quality lean meats, and poultry fish. Then keep them in your freezer.
- 4) Likewise, store canned chicken, sardines, or salmon in your pantry.
- 5) Buy non-perishable lentils, chickpeas, and split peas. (Your loved ones will appreciate if—before you cook them—you soak the beans for about eight hours overnight in two to three inches of cool water. This means you'll have less flatulence or gas.)
- 6) Get fresh sweet potatoes, yams or pumpkins. (After you cook them, you can store them in the fridge or freezer to eat later.)
- 7) Pick up almonds, pecans, walnuts, and pistachios. (If you soak the nuts overnight, the phytic acid is broken down, and you'll digest them better.)

- 8) Buy eggs, if you're not allergic. They're great sources of protein. You can even store hard-boiled eggs in your fridge for snacks.
- 9) If you're concerned about getting enough protein, you might want to purchase [the Original Amazing Grass Protein Superfood](#). (Often, I start my days with this sugar free powder, along with chia seeds, whatever fresh veggies are in stock, coconut milk, organic avocados, cacao nibs and other sugar-free goodies.)
- 10) If you're not eating enough veggies, try a green powder supplement as a back-up. (I like [Vitamineral Green from Health Force Super Foods](#).)

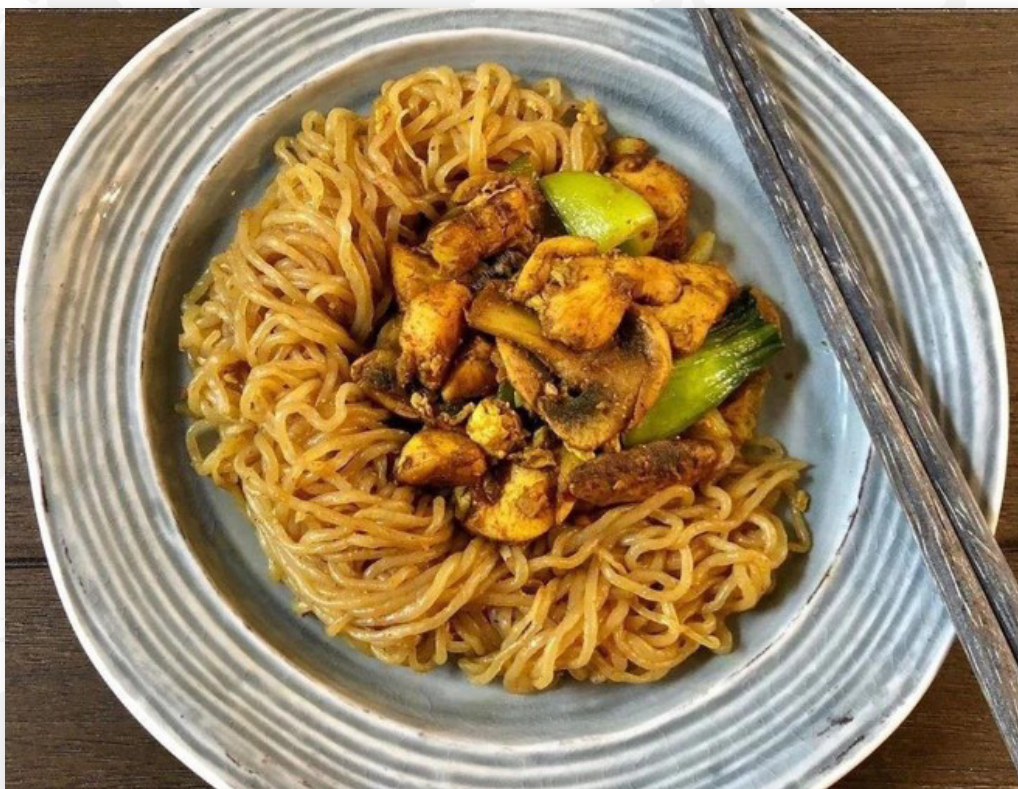


Now for a few more health pointers:

- Try to avoid artificially sweetened foods, because research shows that they can increase your cravings for sweets and lead to overeating.
- Many people who want to cut back on sugar find that it's easier to eat cleanly if they avoid dried fruits, which are high in sugar and may be tough to resist, because they taste so good.
- Have some fun in the kitchen with (or without) your kids and loved ones.
- Although they're not foods, get ample "zzzs" (sleep) and sufficient sunshine during this time.

7 EASY LOW-CARB SWITCHEROOS TO ENJOY IN QUARANTINE

Now here are seven ideas on how to cut back on carbs, eat better, and enjoy doing so while in quarantine:



- 1) If you long for gluten-filled spaghetti or other pasta dishes, instead try tasty, low-calorie, low-carb options such as glass or kelp noodles, spaghetti squash, or cabbage noodles. For instance, you could try [Explore Cuisine Edamame Spaghetti](#), [Capello's Almond Flour Fettuccine](#) or [Miracle Noodle](#), black bean spaghetti, spaghetti squash, or cabbage noodles.
- 2) If you want comforting, gluten-filled, mashed potatoes, instead try cooking cauliflower and then blend or smash it into cauliflower couscous and top with spices such as sea salt, black pepper, or dill weed.
- 3) If you crave high-calorie, sugar-filled ice cream, instead eat some yummy, low-calorie, sugar-free, chilled or frozen blueberries, strawberries or boysenberries. (Try to limit yourself to half a cup or one cup at a time to lower sugar content. If you want some more sweetness, you could sprinkle on some sugar-free cinnamon, pumpkin spice, or slivered almonds.)

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- 4) If you yearn for an easy, tasty, sweet snack, try half a frozen banana, a small or medium apple, or a few stalks of celery, and spread on one or two tablespoons of nut butter. My favorite is [Paleo Power Fuel Nuttzo](#), which contains seven different kinds of nuts and seeds, is high in protein, and has no added sugar. (By the way, if you refrigerate Nuttzo, it's much tastier, I've found. Plus, to keep you from overeating while in quarantine, try freezing the extra containers. It's almost impossible for you to dip a spoon into your NuttZo stash if they're frozen).
- 5) If you crave something sweet, bake some yams, sweet potatoes, or pumpkins in advance, and then store them in the fridge for a few hours or days. (You may want to put cold chunks into a morning shake or eat half a sweet potato with your dinner or lunch.)
- 6) If you really long to chomp on some cookies or crackers, try baking your own with either less or no sugar. Then, instead of regular flour, use gluten-free [almond flour](#), [chickpea flour](#), or [coconut flour](#).



- 7) If you want some bread, try one of my favorite, nourishing lockdown favorites, organic, gluten-free, sugar-free, veggie [Wwraps](#). They taste awesome covered with nut butter or hummus.

Note from Connie: Please join me in supporting the awesome food companies, whose links I provide. Since we want all these businesses to thrive and continue to offer their clean, wholesome, tasty products, all income goes directly to them. To be clear, I am *not* sharing any affiliate links.

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LET MUSIC LIFT YOUR SPIRITS

During this lockdown, if the stress, anxiety, or social isolation are feeling overwhelming, I urge you to take dance breaks whenever and wherever you can.

Music has phenomenal power. For instance:

- Music improves your immune system and reduces the stress hormone cortisol;
- Music has a calming effect on your brain;
- Music can help you relax, especially before and after a stressful event;
- Music can distract you from your cravings;
- And much more.

It's time to have fun while we're all in this together.

Now, thanks to YouTube, here are 10 tunes to help you blow off steam during this taxing time:

1. ["Roar," Katy Perry](#)
2. ["Stronger \(What Doesn't Kill You\)," Kelly Clarkson](#)
3. ["Eye of the Tiger" \(Rocky Tribute\), Survivor](#)
4. ["Nothing's Going to Stop Us Now," Starship](#)
5. ["Hero," Mariah Carey](#)
6. ["Shake it Off," Taylor Swift](#)
7. ["Alive," Sia](#)
8. ["Not Afraid," Eminem](#)
9. ["Hallelujah," Pentatonix](#)
10. ["Better Off Alone," Alice DJ](#)



(I couldn't resist listing this song, which has the most appropriate title although it was written long before the Coronavirus!)

WAYS TO EXERCISE AT HOME



Since you can't get to a gym during lockdown, it's still easy to exercise. For instance, you can:

- Do yoga, Pilates or Tai Chi alone at home.
- Boogie or bounce in place while attending a webinar or Zoom program;
- Dance, stretch, and swirl to your favorite tunes while you clean your home;
- Take short boogie breaks either alone or with your family;
- Chill out for a walk in the neighborhood, if it's safe, and/or climb stairs near your home;
- Go for bike rides, but, of course, remember social distancing; and
- Lift weights. (If you don't have weights, try substituting cans of food or books.)



If you'd prefer to follow a virtual instructor for your workouts, here are some exciting options:

- You can get unlimited access to 2,000 free video and audio workouts at [Class Pass](#), which offers everything from yoga to strength training to HIIT.
- You could sign up for free 30- or 60-day digital trials at [the Daily Burn](#), [Gym Mondo](#), [Peloton](#) or [Fitbit](#),
- If you're a member of a gym already, find out if they have livestream classes.
- And you can find a variety of [exercise classes on YouTube](#).

CORONAVIRUS INFORMATION

Of course, during these challenging times, you want to stay informed. Other than watching your favorite TV news stations or shows, you can get information from the Free Coronavirus Support Series.



For the Coronavirus Support Series, you can listen to interviews with 24 experts, including those on the following topics:

- “Quick Tips to Circuit Break Stress & Guided Meditation” with Heidi Hanna, Ph.D.;
- “Maintaining Your Positivity During Social Distancing” with Susan Leahy, MA, CSP;
- “Managing Fear and Stress Eating Tips” with Christina Bjorndal, ND;
- “How Gratitude Builds Fortitude During the Storms of Life” with Holly Bertone, CNHP, PMP;
- “Successfully Manage Fear, Anxiety and Social Isolation” with Saundra Dalton-Smith, M.D.;
- “Parents’ Guide to Thriving in a New Home Environment” with Ryan Wohlfert, DC, CCSP;
- “Finding Center Amidst the Chaos” with Jason Prall; and
- “Transforming to a New, Better You During Times of Crisis” with Shanna Lee.

The Coronavirus Support Series is co-hosted by Dr. Eric Zielinski, a chiropractor, aromatherapist, public health researcher, author of the bestselling book, *The Healing Power of Essential Oils*, and founder of NaturalLiving.com and Wendy Myers, FDN-P, NC, CHHC, a functional diagnostic nutritionist, and founder of the Myers Detox Protocol. It is presented by Natural Living Family, Myers & Health Means and Health Talks Online.

[Listen here for free to the Coronavirus Support Series.](#)

OTHER CORONAVIRUS INFO

[For U.S. Residents](#)

[The World Health Organization](#)

**[The Center for Disease Control
CDC](#)**

**[The President's Coronavirus
Guidelines for America](#)**

[Stats:](#) (Tracks the number of confirmed, recovered, serious and deceased cases around the world.)

**[FDA Alerts Consumers About
Unauthorized Fraudulent
COVID-19 Test Kits](#)**

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CULTURE



The Met
ropolitan
Opera



Monterey Bay
Aquarium

SAN DIEGO ZOO



Google Arts & Culture

GUGGENHEIM

Meanwhile, since you're at home, you can watch some of the world's best operas and plays, and even take tours of art museums. For instance:

- You can catch [free livestreams of the Metropolitan Opera](#);
- [Watch Broadway shows](#) for free for a seven-day trial; and
- Have fun seeing penguins, jellyfish and other sea creatures at the aquarium in Monterey, California [via free live camera streaming](#).

You also can virtually visit:

- The [San Diego Zoo](#);
- "[The Hidden Worlds of the National Parks](#)," thanks to Google's online Arts & Culture;
- [The Solomon R. Guggenheim Museum](#); and
- [The most celebrated of stages around the world](#).

[Learn about other virtual options, thanks to Good Housekeeping.](#)

Isn't it awesome that we can turn to the Internet during this trying time to stay connected, inspired, and entertained?

RISE UP CHALLENGE

Over 40 Industry Leaders, including...



**20 DAYS TO
RISE UP IN 2020**

Since so many small business owners, entrepreneurs, speakers, authors, etc. are now wondering what to do next, I felt it important to share one last free event, [Rise Up World](#).

This is an unparalleled opportunity to get motivated for 20 days by more than 40 industry leaders, including Marie Forleo, Les Brown, Amy Porterfield, Ryan Deiss, Shaun T, Dr. Daniel Amen, Michael Hyatt, Hal Elrod, Pat Flynn, Dave Asprey, Kanye West, Lisa Nichols, Daymond John and more.

Some things that you may like about this event are that:

- 100 percent of profits from purchasing recordings will go to charities.
- None of the speakers will make any sales pitches.
- You get daily training from 1 to 2:30 EST (10 to 11:30 PST). ([Find your time zone here](#).)
- If you miss live talks, you can watch recordings in the [Facebook group for 48 hours](#).
- You'll be invited to do homework to move you forward.

To learn more, go to [Rise Up World](#).

THANKS TO OUR REAL SUPERHEROES

Now, let's all thank our dedicated, selfless, incredible first responders and other superheroes, who are serving communities around the world.



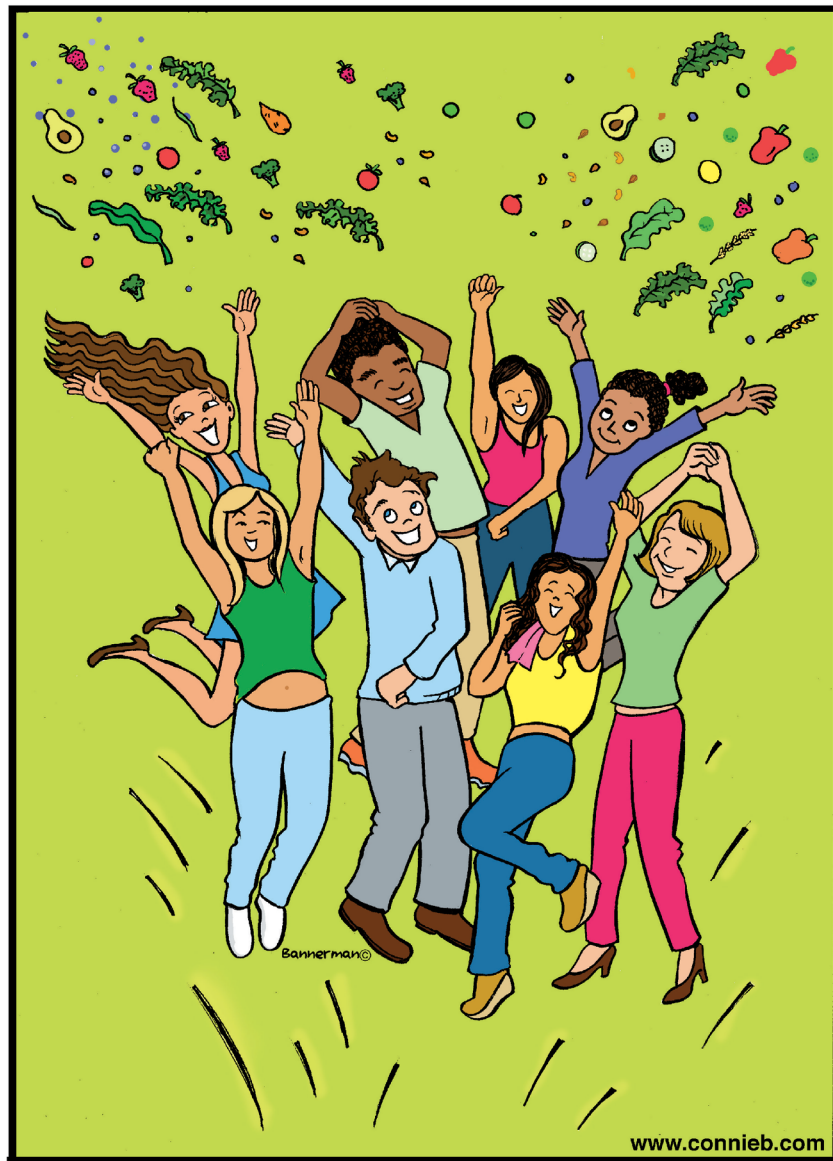
Please join me in expressing gratitude to the Real Superheroes, as cartoonist Gary Varvel calls them. Of course, I'm talking about the many doctors, nurses, and medical staff, who are on the front lines treating hundreds of thousands of patients worldwide.

I'm also referring to those Real Superheroes, who are transporting the foods we need, selling us our groceries, delivering our packages, and much more.

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If you can swing it, I invite you to donate to one of the following:

- [CDC Foundation](#) (If you give to this fundraiser, Facebook will double your donation up to \$ 10 million.)
- [United Way](#)
- [American Red Cross](#)
- [The Salvation Army](#) and/or
- [Global First Responder](#)



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ABOUT THE AUTHOR



This list of FREE Resources to Calm, Encourage and Motivate You During the Coronavirus Pandemic was researched, written, and shared by former sugar-addicted journalist Connie Bennett, author of the bestselling books, *Sugar Shock* and [*Beyond Sugar Shock*](#).

During this stay-at-home lockdown, Connie—a certified health coach, life coach, and host of the Gab with the Gurus Show—is doing lots of tapping (EFT) to keep calm, finally tackling important projects, and working out on her Pilates Wunda Chair.

In addition, Connie is seeking to serve frustrated overweight or obese people around the world by completing writing and editing her next book, *I blew my diet! Now what? Stop Heartbreak Bingeing, Crush Your Cravings & Lose Weight for Good. Featuring The 30-Day Clean Carbs Diet* (Jan. 26, 2021).

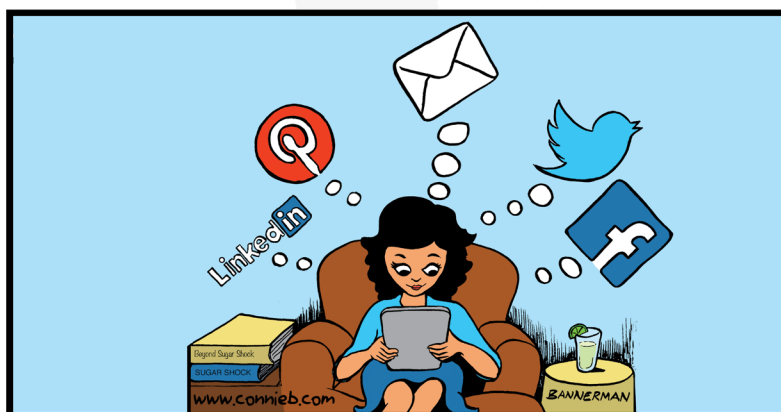
If you find it challenging to turn down processed, fattening, fiber-stripped sweets or *carbage* (carb garbage), download Connie's free ebook, [3 Super-Simple Secrets to Crush Your Cravings](#).



Special thanks to the many motivating experts, who are helping us during this challenging time. More gratitude goes to Medical News Today for its EFT graphic and to talented cartoonists Isabella Bannerman and Gary Varbel.

Last Revised April 9, 2020.

Share this now



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