“Be sure to put your feet in the right place, then stand firm” ~ Abraham Lincoln

Tips for maintaining healthy habits in these hard times

According to holistic psychiatrist Ellen Vora, M.D., this is the time to revisit your boundaries around technology. While we all want up-to-date information about what's going on, there's a fine line between being informed and being overwhelmed. Vora recommends setting limits on how often you check your phone every day and what you do once you're on it: "Notice what makes your breath tighten, and practically set boundaries. Don't cut yourself off from what's going on, but choose carefully where you're getting your information from," she told us on a recent episode of the mbg podcast.

When you do feel yourself getting overwhelmed and triggered by something you read, remember the 90-second rule: Your body's chemical reaction to a stimulus usually lasts for only 90 seconds. After that, it's up to you to decide if you want to continue to respond to it or just move on.

For the full article go to: https://www.mindbodygreen.com/articles/how-to-stay-healthy-during-quarantine-according-to-doctors

Virtual Summer Programs for Children

https://www.varsitytutors.com/virtual-summer-camp-catalog
Do you have a grad in your family? Have them check out the Cares Act: Higher Education Emergency Relief Fund Opportunities:

Chatfield Community College
https://chatfield.edu/apply/apply-for-financial-aid/cares-act-higher-education-emergency-relief-fund/

Cincinnati State College
https://www.cincinnatistate.edu/CARESAct

Gateway Community and Technical College
https://gateway.kctcs.edu/affording-college/cares-grant.aspx

University of Cincinnati
https://financialaid.uc.edu/sfao/CARESAct.html

Northern Kentucky University
https://www.nku.edu/covid19/home/communication/heerf.html