

MCAD SURVIVAL GUIDE

MIAMI CENTER FOR
ARCHITECTURE & DESIGN

RESOURCES TO HELP YOU STAY SAFE,
STAY SANE, & HAVE FUN.

To MCAD Members and Friends:

We have spent the past few months at home doing the right thing - now we are cautiously emerging from our cocoons and figuring out the next, new normal. To help us with transitions, This week, it's all about FITNESS - **Physical and Mental fitness!**

Feeling anxious or having trouble sleeping? We are not ashamed to admit that we stress-ate on our couch with the Doritos, Ben & Jerry's more than a few times. Things are still "interesting" so how do we move forward, work on that sleeplessness, and anxiety? How can we gain some endorphins and start to work on those lock-down pounds? The free ideas below are suggestions to get you started.

FREE WORKOUTS!

Gyms may be closed, but that shouldn't stop you from getting your fitness on.

Planet Fitness is offering live workout videos every day on Facebook. **Gold's Gym** has more than 600 audio and video workouts for free until the end of May. **Peloton** is offering its full library of yoga, meditation, strength, cycling and running tutorials **free for 90 days.**

EXERCISE YOUR BRAIN - TAKE A COLLEGE COURSE

It might be the perfect time to master a college course — even an **Ivy League class**. Many courses from Yale, Harvard, Princeton and Columbia are now available for free.

FREE digital mental health resources for the duration of the COVID-19 pandemic.

Headspace (in App Library) - New Yorkers across the state can access a specially curated collection of science-backed, evidence-based guided meditations, along with at-home mindful workouts, sleep and kids content to help address rising stress and anxiety

Shine - Resources for anxiety and overall mental health specific to COVID-19

Calm - Mindfulness app that provides free list of curated meditations specific to COVID-19 via video and audio

All Mental Health

App with coping and communication skills specific to COVID-19

Coa - Online therapist-led groups & workshops for anxiety, stress, and connection

Ginger - Strategies, activities, and articles to help users stay grounded during COVID-19

Sleep

Big Health's Sleepio - Digital therapeutic for sleep, fully automated yet highly personalized digital sleep improvement program accessible via app and web

Peer Support

Supportiv - Peer chat support and resource list

Nod - Resource for students to socially connect and reduce loneliness during COVID-19

Self-care

COVID Coach - Resource for everyone, including veterans and service members, to support self-care and overall mental health

Comforting Music

YO-YO MA SONGS OF COMFORT: Yo-Yo Ma, one of the world's most renowned and beloved musicians, is trying to provide comfort in this time of crisis. Ma has been posting videos of himself performing short pieces and encouraging other musicians -- of all levels -- around the world to join him in offering "Songs of Comfort." Ma joins Jeffrey Brown to discuss the project and play Dvorak. **CLICK HERE FOR THE PBS NEWSHOUR PIECE** **CLICK HERE FOR A YOUTUBE VIDEO OF The Swan** Yo-Yo Ma, Kathryn Stott - The Swan (Saint-Saëns)



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Photo by C. Stovall

HERE'S THE LATEST LINE-UP OF VIRTUAL CONCERTS - LIVE NATION LIVE FROM HOME: Join Live Nation daily for live streams from around the globe — follow artists live from their homes as they share music, stories, and more.. **[Click here for the Concert Link.](#)**

BIKE RIDES

TAKE A BREAK AND GO FOR AN EPIC BIKE RIDE: Here's a list of some serious bike rides along the Eastern coast of Florida. Go Big or Go Home!. **[CLICK HERE FOR THE LIST OF RIDES.](#)**

OK... HERE'S SOME COMFORT FOOD

MIAMI DDA'S "GO LOCAL" RESTAURANT DELIVERY PROGRAM: As the COVID-19 pandemic takes a toll on small businesses and Miami residents find themselves bound to the confines of their home, the Miami Downtown Development Authority (DDA) is bridging the gap between restaurants and consumers with a new campaign that supports neighborhood restaurants and incentivizes consumers to #StayHome by ordering delivery direct from participating businesses. **[CLICK HERE FOR THE LIST OF RESTAURANTS AND DISCOUNTS.](#)**

Until next week... stay safe, stay sane, and stay indoors!

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