

Cultivating Resilience during the COVID-19 Crisis with Koru Mindfulness

When the future is unclear and our path forward is out of our control, it can be tricky to stay calm and grounded. Here are a few options.

- Register for our un-course (a course without meetings, so kind of like a course, but not) and get started using our app:

» koru.site/coronaresilience

The Koru App is typically only available to folks who are enrolled in a Koru class. But there are features on the app that can help you de-stress, develop your mindfulness skills, and build up the skill of gratitude (which can decrease stress even further). We've made it available to anyone, just register for the un-course and download the app. If you submit meditation logs, you'll get some coaching from Koru faculty member, Libby Webb.

- We've compiled a guide with free resources for cultivating resilience during the COVID-19 crises. Check it out at student.korumindfulness.org.
- Say a meditation poem during hand washing. Make your own, use the one we've provided on our site, or search the web for one you like.
- When you are feeling especially overwhelmed, stop and take 10 breaths. This will center and ground you.