**Inspiration Resources During 2020 Coronavirus Pandemic**

**Apps: (find them in your favorite app store or on the web)**

Every Day Spirit® Lock Screens Inspirational Wallpaper by Mary Davis

The Five Minute Journal- Gratitude Journal

Calm -Meditation

Fitbit / Fitbit Premium – Exercise and Wellness

Active - Exercise

BeachBody - Exercise

Zoom – Video Teleconferencing

Yum (Yummly) - Recipes

Headspace – Meditation

Insight Timer – Mediation, classes, and more

YDL (Yoga Download) - Exercise

**Websites/Blogs/Podcasts:**

<https://brenebrown.com/podcast/brene-on-comparative-suffering-the-50-50-myth-and-settling-the-ball/>

<https://thriveglobal.com/categories/thriving-in-the-new-normal/>

<https://chopracentermeditation.com/>

<https://www.forbes.com/working-remote/#29337d73413f>

<https://www.taramohr.com/blog/>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://www.ccl.org/articles/leading-effectively-articles/lead-effectively-disruptive-world/>

**Quotes:**

If you have yet to be called an incorrigible defiant woman, don’t worry, there is still time. ~Clarissa Pincola Estes

Believe you can and you’re halfway there. -- Theodore Roosevelt

To handle yourself, use your head; to handle others, use your heart. -- Eleanor Roosevelt

Too many of us are not living our dreams because we are living our fears. -- Les Brown

Remember that not getting what you want is sometimes a wonderful stroke of luck. -- Dalai Lama

You can’t use up creativity. The more you use, the more you have. -- Maya Angelou

I have learned over the years that when one’s mind is made up, this diminishes fear. -- Rosa Parks

Certain things catch your eye but pursue only those that capture the heart. -- Ancient Indian Proverb

When I hear somebody sigh, ‘Life is hard,’ I am always tempted to ask, ‘Compared to what?’” -- Sydney Harris

Everything has beauty, but not everyone can see. – Confucius

If you want to lift yourself up, lift up someone else. -- Booker T. Washington

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, I used everything you gave me. -- Erma Bombeck

**Annie’s Play List:**

Hang On by X Ambassadors

Saltwater Gospel by Eli Young Band

One Less Day (Dying Young) by Rob Thomas

A Little Dive Bar in Dahlonega by Ashley McBryde

Budapest by George Ezra

Rescue by Lauren Daigle

Shotgun by George Ezra

Fix My Eyes by for King & Country

Superheroes by The Script

On Top Of The World by Imagine Dragons

Rise Up by Andra Day

Underdog by Alicia Keys

**Well-Being Articles**

<https://www.goodtherapy.org/blog/covid19-maslows-hierarchy-of-needs-how-is-our-motivation-changing-0420204>