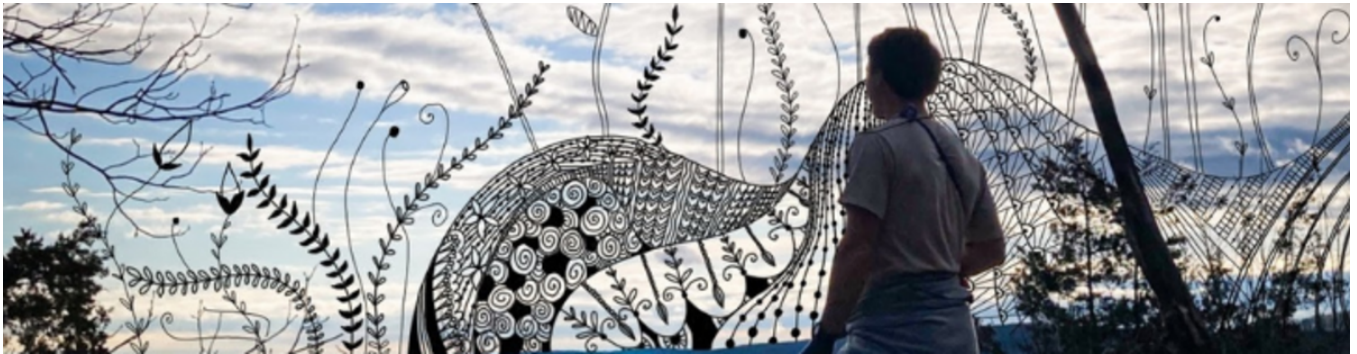


Zoom-Free Activities & Resources



This spring, OISS is compiling activities for you to do on your own time, whenever you need a break!

We know that Zoom fatigue is real and the last thing that you want to do after a long day of classes and meetings on Zoom is log in to another live event on your computer. That is why these activities will be available for you to do whenever it is convenient and at your own pace.

You will find these activities listed below or on our [Programs & Events](#) [1] page. We hope something on this list will be of interest to you, and if you have any other ideas, please email our [Assistant Director of Programs](#) [2].

[Wellness & Self-Care Resources](#)

[Chaplain's Office](#) [3] - virtual appointments available

[Being Well at Yale - Self Care](#) [4]

[Guided Online Meditations](#) [5]

[GPSS Resources](#) [6]

[Asian American Cultural Center - Wellness Wednesdays](#) [7]

[Managing Stress](#) [8] - Yale's LinkedIn Learning Resources

[Happiness Lab Podcast](#) [9]

[Manage Anxiety & Stress](#) [10] - the CDC's guide for taking care of your mental health during COVID-19

[Yale Peer Wellness Counselors Online Resources List](#) [11]

[Worklife resources for those with children and pets](#) [12]

[An Ecotherapeutic Meditation In Ten Steps](#) [13]

[Yale & New Haven Activities](#)

[City Walks Self-Guided Tours](#) [14]

[Peabody at Home](#) [15]

[Yale School of Music Live Concerts & Archives](#) [16]

Zoom-Free Activities & Resources

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[Yale University Art Gallery](#) [17] & [Yale Center for British Art](#) [18] - Virtual Gallery Tours

Contribute to our "Yale's OISS Top Hits" playlist on Spotify [19]: [Listen to the Playlist Now](#) [20]

[Open Yale Courses](#) [21]

[Yale Podcast Network](#) [22]

[Virtual Tour of Yale's Green Spaces](#) [23]

[New: Institutional Subscription to the New York Times](#) [24]

[Social Media Challenges](#) [25] - compiled by PWC Tomeka Frieson '21

[Virtual International Festival of Arts & Ideas](#) [26]

[Access New Haven Free Public Library Online](#) [27] or utilize their [Curbside Pick-up Service](#) [28]

[Virtual Yale Campus Tours](#) [29] - learn something new about Yale & the campus through these new amazing admission tours

[Staying Active](#)

[Fitstyle by Shana](#) [30]

[AllTrails](#) [31]

[Blogilates](#) [32]

[Fitness Blenders](#) [33]

[Yoga for Uncertain Times](#) [34]

[Nature Scavenger Hunt](#) [35]

[Mindful Outdoor Experience](#) [36]

[FitOn - Free Workout App](#) [37]

Source URL: <https://oiss.yale.edu/programs-events/zoom-free-activities-resources>

Links:

[1] <https://oiss.yale.edu/programs-events>

[2] [mailto:molly.hampton@yale.edu?subject=Zoom-Free%20Activities%20Ideas](#)

[3] <https://chaplain.yale.edu/>

[4] <https://beingwell.yale.edu/covid-19-self-care>

[5] <https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the>

[6] <https://gpsenate.yale.edu/covid-19-resources>

[7] <https://www.youtube.com/watch?v=jXQEv2vFSM8&t=4s>

[8] <https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361>

[9] <https://www.happinesslab.fm/coronavirus-bonus>

[10] https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=ht

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- [tps%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)
- [11] <https://docs.google.com/document/d/1HI9IKifjBNy1jhQdQnmomI9zFLKzggqLAEcLDzxNRk/edit>
- [12] <https://your.yale.edu/work-yale/benefits/work-life-and-childcare/parenting/covid-19-worklife-resources>
- [13] <https://www.nytimes.com/interactive/2020/04/03/style/self-care/coronavirus-guided-meditation-nature.html>
- [14] <https://www.gpsmycity.com/tours/yale-university-walking-tour--part-i-5400.html>
- [15] https://peabody.yale.edu/digital-resources?mc_cid=13d6ca45c4&mc_eid=83e93cbb23
- [16] https://www.youtube.com/channel/UCfg5VWtPYQSXYPN_e7bIOxg/videos
- [17] <https://artgallery.yale.edu/visit/app>
- [18] <https://britishart.yale.edu/>
- [19] <https://docs.google.com/forms/d/e/1FAIpQLSfpR-BuL-HqmtDXn6S5jFHCMc98QELq08zmTMHmYRN5HnUCVA/viewform>
- [20] <https://open.spotify.com/playlist/63zmaiJiNqpCOMRUxNXwNM?si=QK9h0EDxQdOKNHudxhytgw>
- [21] <https://oyc.yale.edu/>
- [22] <http://yalepodcasts.blubrry.net/>
- [23] <https://sustainability.yale.edu/take-action/sustainability-tour/green-spaces>
- [24] <https://web.library.yale.edu/access-nytcom>
- [25] <https://static1.squarespace.com/static/5b859eb2c3c16a720f8e10da/t/5ea6cb91f240741b85b003df/1587989394649/Social+Media+Challenges.pdf>
- [26] <https://www.artidea.org/>
- [27] <https://nhfpl.org/>
- [28] <https://nhfpl.org/curbside/>
- [29] <https://admissions.yale.edu/virtual-tour>
- [30] <https://www.fitstylebyshana.com/livestream-classes-events>
- [31] <https://www.alltrails.com/>
- [32] <https://www.youtube.com/channel/UCIJwWYOfsCfz6PjxbONYXSg>
- [33] <https://www.youtube.com/user/FitnessBlender/>
- [34] <https://www.youtube.com/playlist?list=PLui6Eyny-Uzy-b0MKzL2EfaTqB0ppgK06>
- [35] <https://www.doinggoodtogether.org/bhf/nature-scavenger-hunt>
- [36] <https://static1.squarespace.com/static/5b859eb2c3c16a720f8e10da/t/5e90ecc26653f97e314f84b6/1586556108287/Self-Guided+MOE.pdf>
- [37] <https://fitonapp.com/>