



remote resilience

resources for reflection + action

what can we do when we can't be together?

the world looks different today than it did last year. new york looks different today than it did last week. uncertainty can provoke anxiety- we don't know how this will turn out, what the lasting consequences will be. but with this crisis we've also seen people band together and look out for one another, in completely new ways.

it's hard to feel like a community if we have to distance each other. with events cancelled, classes moved online, museums closed, our togetherness has been shifted, from the physical to the digital.

and with that shift, we have to be creative, find new ways of fostering community, of being together. with this small compilation of resources for inspiration, reflection, action, I hope that you can continue to create and foster community, wherever you are.

10 things you can do now

1. call a family member you haven't talked to in a while, check in and see how they're doing
2. ask your elderly neighbor if they need groceries
3. stay informed on other topics that you're passionate about. don't let the media about coronavirus hide the other things happening in the world.
4. read a book that's been on your list for a while.
5. take some time to unplug. put away your phone and computer and do something that doesn't require technology.
6. have a skype/Facetime/zoom meet up with your friends- have a book club, knitting circle, happy hour. don't let social distancing keep you in social isolation.
7. breathe. meditate. stretch. even if you're inside all day, move your body the best you can. and wash your hands.
8. write a letter to a friend far away. even with the benefits of digital communication, handwritten notes are nice to get.
9. support your local small businesses in whatever way you can. buy a giftcard, write a review, tell a friend about them.
10. use your free time to support good work. volunteer for organizations using your skills (edit wikipedia! code! share petitions on social media! write a letter to your congressperson!)



read

you'll likely find yourself at home, with more time than you usually do. a good book can provide you inspiration, time for reflection and new ideas. here is a list of books i've found to be particularly inspiring for reflecting on our current time, for creating and nuturing community or for informing yourself on critical issues and new ideas:

- [emergent strategy](#) by adrienne marie brown
- [deep economy](#) by bill mckibben
- [how to do nothing](#) by jenny oddell
- [when things fall apart: heart advice for difficult times](#) by pema chödrön
- [devotions](#) by mary oliver
- [braiding sweetgrass](#) by robin wall kimmerer
- [a field guide to getting lost](#) by rebecca solnit
- [the art of gathering](#) by priya parker
- [roots for radicals](#) by edward t. chambers
- [figuring](#) by maria popova
- [silence in the age of noise](#) by erling kaage
- [the mushroom at the end of the world](#) by anna tsing
- [waste and want](#) by susan strasser
- [joyful militancy](#) by carla bergman + nick montgomery
- [how to change your mind](#) by michael pollan
- [sapiens: a brief history of human kind](#) by yuval noah harari
- [pilgrim at tinker creek](#) by annie dillard
- [how to not always be working](#) by marlee grace

- [sacred economics](#) by charles eisenstein
- [how to be alive](#) by colin beaven
- [reenchanting the world](#) by silvia federici

if you don't have access to your library, bookstores or another way of obtaining books at this time, here is a short list of articles to peruse instead::

- [how do you want to spend your time?](#)
- [rethinking economics for the 21st century](#)
- [taking a pilgrimage from home \(a practice\)](#)
- [rest as resistance](#)
- [community resilience during this time](#)
- [a collection of good news, too hard to find these days](#)

but sometimes a good piece of fiction can provide a place to escape into, a respite from reality. here are a few that do just that:

- [pastoralia](#) by george saunders
- [outlander](#) by diana gabaldon
- [outline](#) by rachel cusk
- [the hobbit](#) by j. r. r. tolkien
- [shantaram](#) by gregory david roberts
- [nothing to see here](#) by kevin wilson
- [jurassic park](#) by michael crichton



listen

albums

[soft sounds from another planet](#) - japanese breakfast
[children's corner](#) - claude debussy
[the visitors](#) - ABBA
[father of the bride](#) - vampire weekend
[crack-up](#) - fleet foxes
[antisocialites](#) - alvvays
[crushing](#) - julia jacklin
[spirits having flown](#) - bee gees
[deja vu](#) - crosby, stills, nash & young
[emily alone](#) - florist
[isolation](#) - kali uchis
[fine but dying](#) - liza anne
[body talk](#) - robyn
[cuz i love you](#) - lizzo
[color theory](#) - soccer mommy
[masseduction](#) - st. vincent
[first prize bravery](#) - sorchá richardson
[vagabon](#) - vagabon
[tell me how you really feel](#) - courtney barnett
[tapestry](#) - carole king
[a deeper understanding](#) - the war on drugs
[parsley, sage, rosemary and thyme](#) - simon and garfunkel

podcasts

- ecology, community and social justice oriented: [for the wild](#)
 - creativity while fighting the climate crisis: [loam listen](#)
 - stories about love: [modern love](#)
 - spirituality, community, poetry and science focused: [on being](#)
 - regenerative stories about ecology, spirituality and community: [emergence magazine](#)
 - artful storytelling: [the moth](#)
 - explore wild places without leaving your home: [the wild](#)
 - learn something new ending in -ology: [ologies](#)
 - recordings from authors, poets and other writers: [the archive project](#)
 - an inquiry into creative culture: [design matters](#)
 - the invisible things shaping human behavior: [invisibilia](#)
 - surviving on a fake planet: [the habitat](#)
 - re-evaluate your commonly held perceptions: [you're wrong about](#)
 - learn about the supreme court and amendments in an entertaining way: [more perfect](#)
 - a closer look at the things you don't usually notice: [99% invisible](#)
 - if you've ever been outdoors: [outside/in](#)
 - learning from the apocalypse: [how to survive the end of the world](#)

songs

[white flag](#) - dido
[garden song](#) - phoebe bridgers
[river](#) - joni mitchell
[climb that mountain](#) - sufjan stevens, lowell brams
[fire](#) - waxahatchee
[lilacs](#) - waxahatchee
[pretty pimpin'](#) - kurt vile
[in a landscape \(1948\)](#) - john cage
[when all is said and done](#) - ABBA
[while you wait for the others](#) - grizzly bear
[light on](#) - maggie rogers
[fade into you](#) - mazzy star
[golden days](#) - whitney
[dandelion](#) - big thief
[turn out the lights](#) - julien baker
[two slow dancers](#) - mitski
[beautiful strangers](#) - kevin morby
[the gold](#) - manchester orchestra, phoebe bridgers
[tenderness](#) - jay som
[everyday](#) - buddy holly
[fool's gold](#) - lucy dacus
[seventeen](#) - sharon von etten



watch

you might need a break from reading, from work, (from everything really) every now and then. here's a list of videos, lectures, movies, documentaries that will help with that. some are inspiring, some are warming, some are funny, some are calls to action.

videos/lectures

- [building resilient communities](#)
- [the story of stuff](#)
- [brené brown: the call to courage](#)
- [what makes a good life?](#)
- [a trove of videos about simple living, self sufficiency and alternative homes](#)
- [the art of generous listening](#)

documentaries

- [district 15: stop neighborhood drilling](#)
- [happy](#)
- [the dawn wall](#)
- [antarctica: a year on ice](#)
- [into the inferno](#)
- [won't you be my neighbor?](#)
- [fantastic fungi](#)
- [the biggest little farm](#)

movies

- a classic superhero film: [batman begins](#)
- a funny but cringey watch: [eighth grade](#)
- dolly parton makes everything better: [9 to 5](#)
- so does some ABBA: [mamma mia](#)
- thinking of tom hanks: [forrest gump](#)
- don't forget about magic: [hook](#)
- resilience in tough times: [the guernsey literary and potato peel pie society](#)
- if you haven't seen this....: [the princess bride](#)

tv series

- always feel better after watching: [tuca and bertie](#)
- change can be good: [queer eye](#)
- the ultimate feel good show: [the great british baking show](#)
- you probably haven't seen drag like this: [dragula](#)
- so very wholesome and good: [the good place](#)
- if you're feeling witchy: [the chilling adventures of sabrina](#)
- good campy fun: [la casa de las flores](#)

more resources

right now the most accessible form of media is web based.
here are some websites + resources for you to check out:

alternatives to mainstream media + news

- grist.org (climate focused news)
- yesmagazine.org (nonprofit + independent publisher)
- democracynow.org (nonprofit + independent global news)
- newrepublic.com (progressive ideas)
- atmos_magazine (climate + culture)
- emergence_magazine (spirituality, ecology +culture)
- bitch_media (feminist news + culture)
- good_magazine (leans more mainstream, social impact)
- beside_magazine (crossroads of nature + culture)
- delayed_gratification (slow journalism)

web based education

- duolingo.com (for learning a new language)
- khan_academy (math and science focuses)
- edX (free courses from top institutions)
- coursera (very wide ranging)
- harvard_extension (courses from a top notch school)
- codeacademy (learn to code)
- [MIT open courseware](http://MIT_open_courseware) (in depth course materials)
- open_yale_courses (includes videos of actual lectures)

exercise at home

- [an extensive collection of free yoga classes](#)
- [bodyweight routines and demos](#)
- [a quick 9 min strength workout](#)
- [many options for pilates](#)
- [inside cardio!](#)
- [dance away](#)

volunteer remotely

- [united nations](#)
- [the smithsonian institute](#)
- [crisis text line](#)
- [project gutenberg](#)
- [translators without borders](#)
- [amnesty international](#)
- [catchafire](#) (works with many different orgs)

mental health resources

- [SAMHSA's](#) disaster distress hotline: 1-800-985-5990
- [managing covid-19 anxiety](#)
- [resources for helping kids cope](#)
- [confidential help line for new yorkers](#): 1-888-NYC-WELL
- [meditation guides](#)
- [tips for breaking the anxiety cycle](#)