



## LEISURE RESOURCE GUIDE FOR BEATING ISOLATION



You can also find this guide online at <http://www.austin.org.au/page?ID=3497> or <http://www.austin.org.au/leisureresource>



# LEISURE RESOURCE GUIDE FOR BEATING ISOLATION



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## What is this guide all about?

We are living in unprecedented times right now. The protocols, precautions and restrictions placed on us in regards to COVID 19 means that the way we have gotten used to living our day to day life as part of a bigger society and community has changed. We are being told:

- to stay home
- to keep our community visits to only essential tasks
- to keep a distance between each other of at least 1.5m
- to not gather in groups of more than 2 people
- to not physically touch one another, only being able to be close to those in our immediate household.

This is having an impact on all of us. This guide is for you, for your family, for your friends, for anyone. It is how to connect with people in this current COVID 19 affected society. It is how to ensure:

- You're not isolated;
- that your mental health and resilience copes with this isolation and stress;
- you have options of fun, creative, mind-expanding, soul expanding, spirit enhancing and interesting things to do by yourself, with the people in your household and online with others and to make the best of a very difficult situation.

This is a living document that can be added to by you, to give you ideas of the possibilities of what to explore online.

## 1. Getting creative with your smartphones/computers for video calls

Did you know with video-calling platforms (like Zoom) you can chat with multiple different people at the same time all from different locations? Since the world has been told to self-isolate, many people have been getting creative on their video calling platforms and doing all sorts of things to beat the isolation. Here are some things you could suggest to do with your friends on video calling platforms:



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- A dinner party. You can plan it, including a menu if you want, get dressed for the occasion and all participate from your own homes together. If you used to go out for dinner with friends, why not give this a go? Or even take it to the next level and organise a theme night - for example an 80s night. Dress up in 80s gear, as your favourite 80s musician or your favourite 80s movie or tv character, play 80s music (of course) and have a few drinks – 80s food/nibbles essential to go with the drinks.
- A pub night. If you used to watch sports or catch up with friends at the pub/bar – set up a pub night and all tune in to a game, with a beverage and watch and talk together from your homes.
- Coffee / tea / lunch / wine catch-ups. If you used to catch up with friends during the day for a coffee or tea, then keep doing this but via video-calling.
- Binge watch a season of your favourite shows with your friends/family together that either all of us or some of us, haven't watched yet – via video, then follow it with a discussion after each episode just like the talk show Talking Dead (which airs straight after each episode of The Walking Dead, pre-coronavirus pandemic). Even have a host of the show asking the “guests” questions.
- Movie Afternoons or Nights – send a movie list out to friends for a particular afternoon or night. Vote on it prior to the movie session and join in at the set time.
- If you are a regular or not regular concert goer with a certain friend or group of friends and had tickets with friends to a concert that was to be held and is now cancelled, instead have a virtual concert of your own. Youtube usually have recorded concerts of many musicians (even super obscure ones), so find one and watch it together via video chat.
- If you're into karaoke or dance parties – do one via video chat! Zoom will be a great application to use for video chatting for this.
- Go through photo albums with family and friends and reminisce.





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- Fun with the little ones: if you are a grandparent, uncle, aunt, adopted elder then stay connected with the kids by reading them a story/book, doing crafty things with them (with their parents help on the other side).
- If you are musical: organise to play music, a musical instrument, form an online choir, sing with friends, dance with friends.
- Try new recipes together, cook at the same time and have a laugh while doing it.
- Start a weekly club with your friends/family (book, recipe, movie, history, virtual travel) and meet every week same day and time to discuss.
- Eight free mobile games to stay connected with family & friends. The World Health Organisation recommends gaming as a safe way to stay connected to friends and family, but you don't need to buy a console to get involved. <https://www.sbs.com.au/nitv/article/2020/04/06/eight-free-mobile-games-staying-connected-family-and-friends>

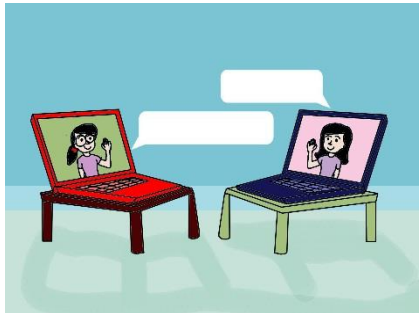
## 2. Meeting new people and special interest platforms to connect with

**Nextdoor** is the online neighbourhood hub for connections within your neighbourhood and the exchange of helpful information, goods, and services. By bringing neighbours together, we can cultivate a kinder world where everyone has a neighbourhood they can rely on. <https://au.nextdoor.com/>

**Neighbourhood houses and learning centres** some of these community centres are adapting to isolation precautions by offering their usual groups and activities online, as well as responding to isolated and vulnerable people by calling them, organising food drop offs, @@@@ @@@@ @@@@ @@@@ @@@@



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**Meetup** is a free platform (like facebook) for groups who would usually meet up in person but since COVID 19 some are now continuing to meet online (rather than stop altogether). You sign up for an account (free) and then you can search under and connect to special interest groups (active, social, art, professional etc). Here is a list of Melbourne based ones that are now meeting online:

- Explore Melbourne <https://www.meetup.com/en-AU/exploremelb/>
- Melbourne Language Exchange <https://www.meetup.com/en-AU/melbex/>
- What is happening in Melbourne <https://www.meetup.com/en-AU/Whatishappeninginmelbourne/>
- Melbourne Boardgames group (party and strategy games) <https://www.meetup.com/en-AU/Boardgames-group-party-and-strategy-games/>
- Shy Peoples Drawing Club <https://www.meetup.com/en-AU/Shy-Peoples-Drawing-Club/>
- Melbourne Girls Outside <https://www.meetup.com/en-AU/Melbourne-Girls-Outside/>
- Melbourne Art Class Meetup <https://www.meetup.com/en-AU/Melbourne-Art-Class-Meetup/>
- Melbourne Pranic Healing and Twin Hearts Meditation Meetup <https://www.meetup.com/en-AU/Melbourne-Pranic-Healing-and-Twin-Hearts-Meditation-Meetup/>

**Pop choir** – we are all in this together and it's so great to have our Pop Choir community sing online and share the love of music! As we have all had to make changes in our daily lives, it's so nice to be able to connect and share some happiness! <https://www.facebook.com/PopChoirAustralia>

**HITRECORD** people don't just post their own stuff -- we make things together. Whether you're a beginner or an expert, whether you're into writing, film, music, or any other kind of art, you'll find our community a welcoming and positive place to be your creative self. <https://hitrecord.org>





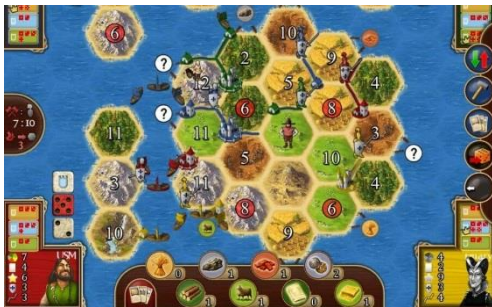
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**Pub Trivia – Online (free) & Private Bookings (at a cost)** A company called Funky Bunch Entertainment holds a free weekly live online trivia (via Facebook) that you can play with family and friends, as a team, just as you would at pub trivia. They also have private online trivia sessions – for a fee. How to play <https://trivialivestream.com/how-to-play/>, Free trivia <https://trivialivestream.com/public-trivia/>, private/fee trivia <https://trivialivestream.com/private-bookings/>.

## 3. Online games / gaming

There are all sorts of games that can be played online with other people through that gaming platform. You don't just have to play yourself or the "computer". Some even have chat functions depending on the gaming platform.



**Jigsaw Puzzles** - <https://jigsawpuzzles.io/>

**Playing Cards** (and board games) <http://playingcards.io/>

**Tabletopia** <https://gartic.io/>

**Gartic** a bit like Pictionary <https://gartic.io/>

## 4. Virtual experiences & live arts/music

There are a number of already existing websites and platforms that have set up virtual tours of museums, nature walks, dives, amusement park rides; more are being added since self-isolation precautions have closed public events like zoos, theatres, galleries, operas, dance, etc that would not usually have been televised for free. You don't need virtual reality goggles or equipment for these, you can view them on your phone, tablet, computer or smart TV. You could decide to plan a virtual holiday and take the tours of their countries museums, walk the streets looking at specialty neighbourhoods (La Rumbra in Barcelona for example using Google Street View), take a nature walk, go to their zoo or wildlife sanctuary. All without taking a plane or spending any money.





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**Virtual Holidays** tourist attractions and destinations – all around the world – are rising to the challenge, offering virtual experiences to transport us from our living rooms to our bucket-list locations. <https://www.escape.com.au/travel-advice/virtual-holidays-how-to-travel-the-world-while-youre-stuck-at-home/news-story/402c8b461c1ab419ef995a926ccc1091>

**Melbourne What's On** – City of Melbourne tourism site that is now featuring what you can enjoy at home right now, including virtual events, online experiences and streaming performances. <https://whatson.melbourne.vic.gov.au/Pages/Home.aspx>

**NASA Mobile App** NASA's free Space Center Houston app lets people explore virtual reality experiences, take astronaut selfies, and follow along through an audio tour of its educational space center. <https://spacecenter.org/app/>

**Virtual Tours and Panoramas from around the world.** Created for site Exploration Junkie <https://www.explorationjunkie.com/photography/virtual-tours/>

## 4.1 CONCERTS, THEATRE & FILM



Many singers, comedians and performers are live streaming via their social media (Facebook, Instagram, Youtube) small concerts with live requests from fans for songs. If you have a favorite living performer all you need to is join up the social media platform and follow that performers account (to distinguish between fan made accounts and the real performers accounts, there will be a blue tick next to the name of the account that is that performers official account) and they announce via their posts of dates and times for these online concerts.

Many theatre, opera and symphony companies are streaming concerts and making their art available to view for free. If you've never been to an opera, a musical theatre performance, a theatre performance or a symphony – why not try it now. It's free!

**Melbourne Digital Concert Hall** MDCH is designed to support musicians and the Melbourne arts industry during these challenging times. Concerts will be performed once, at set times as per traditional recitals, and will be professionally streamed. Tickets are sold online for the performance and all ticket money goes directly to the artists.

<http://melbournedigitalconcerthall.com/>



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**Billboard coronavirus-quarantine-music-events-online-streams** – American guide to live-streamed music content right now from well known music performers. Updated daily. <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

**DJ sets from Ibiza** – Missing the clubs? Missing the DJ? <https://thegroovecartel.com/news/livestream/ushuaia-live-stream-stayathomesessions-how-to-watch/>

**Together at home** – Youtube based series of at home concerts by musicians from all over the world. Updated regularly with new content. [https://www.youtube.com/results?search\\_query=%23TogetherAtHome](https://www.youtube.com/results?search_query=%23TogetherAtHome)

**Isol-aid Festival** - An Instagram Live music festival that happens every week [www.isolaidfestival.com](http://www.isolaidfestival.com)

**Melbourne Symphony Orchestra MSO** MSO Live As we work to #KeepTheMusicGoing, we are proud to invite you to be part of our new online concert series where we will broadcast a performance from the MSO archives. Tune in to our YouTube channel every Thursday night at 7.30pm! <https://www.mso.com.au>

**Arts Centre Melbourne** the show will go on, with a series of free archival recordings and digital experiences to help uplift and connect. Each week we'll be sharing full length performances, artist interviews, family activities, podcasts and curated playlist. <https://www.artscentremelbourne.com.au>

**Melbourne Theatre Company** - bringing you a dose of MTC wherever you are. This week we take you inside MTC HQ via a virtual tour to explore the engine room of the Company, and chat to our Director of Artistic Operations/Senior Producer Martina Murray about some recommendations to keep you entertained at home. Your MTC remains alive and well online, and we hope you will continue to make it as much a part of your lives as you have in the past, but just for now, moving to a new platform – from the stage to digital. <https://www.mtc.com.au>

**The Australian Ballet** - Enjoy full-length performances of classical ballets for free. [www.australianballet.com.au/the-ballets/digital-season?utm\\_source=Responsys&utm\\_medium=email&utm\\_campaign=2020-04-09\\_TIX%20Lasttix%20Showbiz\\_VIC\\_Supporting%20our%20artists\\_GS](http://www.australianballet.com.au/the-ballets/digital-season?utm_source=Responsys&utm_medium=email&utm_campaign=2020-04-09_TIX%20Lasttix%20Showbiz_VIC_Supporting%20our%20artists_GS)

**Broadway Theatre**- You can watch Broadway musicals and plays online <https://www.broadwayhd.com/>



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**Virtual Cinemateque** The Melbourne Cinémathèque is a membership-based film society based in Melbourne, Australia. We hold screenings at The Australian Centre for the Moving image every Wednesday night for most of the year. This year many of our screenings are on Monday nights. Please check the program for details. Join us for a weekly movie night from the comfort of your own home for FREE <https://www.acmi.net.au/events/melbourne-cinemateque/>

**Metropolitan Opera** the famed Metropolitan Opera (New York City) is hosting nightly live opera streams while they are closed. <https://www.metopera.org/>

## 4.2 COMEDY



**I heart radio 24/7** <https://www.iheart.com/live/247-comedy-4902/>

**Stand-up comedy** [https://tubitv.com/category/stand\\_up\\_comedy](https://tubitv.com/category/stand_up_comedy)

**Em Rusciano's Emsolation Podcast** In this time of lockdown, it's time to tune in and switch off. Let Em Rusciano speak to you in her soothing tones (NB: Not at all soothing) as she shuts out the c-word and thrives in isolation. There's wine to be drunk! There's shows to be watched! There's family fights to be bitterly picked over! Em will bring the quality quarantine as she reminisces about past obsessions with her best friend Michael Lucas, gets positive advice from her life coach husband Scott (good luck Scotty), and socialises with social distance. Shut out the noise of the world, and get down in lockdown with Em. <https://www.podcastoneaustralia.com.au/podcasts/emsolation> or <https://podcasts.apple.com/au/podcast/emsolation/id1506549675> or <https://podtail.com/en/podcast/emsolation/> or Spotify

**Corona Yoga** for your 'enlightenment' (some humour) during Covid-19 This will also exercise your facial muscles and force a smile!  
<https://www.youtube.com/watch?v=yBtUxqtTP8I&feature=share>



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## 4.3 MUSEUMS, GALLERIES, LIBRARIES



Due to museums, galleries and libraries having to close to the public they are making collections available to the public to view on virtual tours on the websites. Some have already been set up prior to COVID 19 (Google Arts). This is a good opportunity to plan to “go to the museum” and enjoy the different collections around the world.

**Museum Views** Take a virtual tour of the some of the world's greatest museums and heritage sites.

<https://artsandculture.google.com/project/streetviews>

**Melbourne Museum** A world of museum experiences at home If you're feeling like a cooped up critter or a nervous numbat, we can relate. Whilst Melbourne Museum’s doors might be closed, there’s still a whole lot of magic going on. We've curated our best online content for you to enjoy from the couch! Don't forget to follow Melbourne Museum on Facebook, Twitter and Instagram. <https://museums victoria.com.au/melbournemuseum/at-home>

**Scienceworks at Home** A world of museum experiences at home If you're feeling like a star without its galaxy at the moment, we can relate. While Scienceworks’ doors might be closed, there’s still a whole lot of magic (& science!) going on. We've curated our best online content for you to enjoy from the couch.

<https://museums victoria.com.au/scienceworks/at-home>

**Science and Tech Museums Views** List of 11 Science and Tech Museums that have virtual tours. <https://interestingengineering.com/11-science-and-tech-museums-you-can-tour-virtually>

**Immigration Museum at Home** A world of museum experiences at home Explore Victoria’s diversity and culture from the couch! Whilst the Immigration Museum is closed, we've curated our best online content for you to enjoy from home. <https://museums victoria.com.au/immigrationmuseum/at-home>

**National gallery of Victoria** NGV KIDS AT HOME New ways to be creative at home with our online resources. NGV is committed to providing creative experiences for young people and their families. During this challenging time we hope to share new ways to be creative at home with our online resources. Research shows that drawing and making is a great way to help children relax and reduce feelings of anxiety. Scroll down and choose from activity sheets and e-books for free things to do at home or school. Print or take inspiration with paper and pencils at hand. Transform the kitchen table into a table-top studio and turn potential boredom into productivity.

<https://www.ngv.vic.gov.au/kids>



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**Virtual Graffiti Tours** Think of a normal Google Earth tour of a block, only every picture perfectly captures the street art of everywhere from Buenos Aires, Argentina to Malmo, Sweden and an art expert's audio tour plays in the background as you scroll through all the images. <https://streetart.withgoogle.com/en/audio-tours>

## 4.4 ZOOS, WILDLIFE, OUTDOOR ADVENTURE, GARDEN TOURS



Enjoy the outdoors of many a continent and country by using virtual tours to view all kinds of terrain, life and areas.

**Taronga Zoo** Over the coming weeks Taronga will be bringing its two beautiful zoos directly into your living room! Tune in daily to see your favourite animals, meet our friendly keepers and learn what goes on behind the scenes at Taronga while our zoos are temporarily closed. <https://taronga.org.au/taronga-tv>

**Melbourne Zoos** We're live streaming our zoo so you can enjoy #AnimalsAtHome. We've set up a few live stream cameras from Melbourne Zoo and Werribee Open Range Zoo, so you can enjoy the zoo from anywhere. <https://www.zoo.org.au/animal-house/>

**Explore** - This website offers a variety of live streams of our natural world from animals to landscapes and provides further information about each live stream. There are lots to choose from and enjoy. <https://explore.org/livecams>

**Webcams and Livecams** - this has a variety of live web streaming of all sorts of animals: dolphins, puppies, kittens, polar bear cubs, brown bears in their natural habitat in Alaska and so much more. Much to explore so why not fall down this rabbit hole. <https://explore.org/livecams>

**Machu Picchu 360° Virtual Tour** Is Machu Picchu on your "must visit" or bucket list? Bit curious about it. Before seeing it in real life and up close, take a 360 degree tour without leaving your home. <https://www.youvisit.com/tour/machupicchu/80561?tourid=tour4&pl=f>

**Virtual Nature Walks** The National Parks Service partnered with Google to follow a handful of park rangers through some of America's most stunning and challenging terrains, from the Alaskan Glaciers to Utah's Bryce Canyon. <https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome>

**Virtual Dives** Virtual dives are a trippy affair and thanks to the National Marine Sanctuaries, you can explore the blue depths of the American Samoas, the Florida Keys, Monterey Bay, and many others. <https://sanctuaries.noaa.gov/vr/>



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**Monterey Bay Aquarium** Be delighted by the antics of our sea otters or mellow out to the hypnotic drifting of our jellies. With ten live cams to choose from, you can experience the wonder of the ocean no matter where you are. <https://www.montereybayaquarium.org/animals/live-cam>

**Theme Park Rides** Point of view videos for virtual experience of theme park rides from theme parks such as Disneyland/World, Universal Studios, Nagashima Spaland and themes/rides such as Harry Potter, rollercoasters, Mt Everest, Pirates of the Caribbean etc. [https://www.youtube.com/results?search\\_query=theme+park+rides+pov](https://www.youtube.com/results?search_query=theme+park+rides+pov)

**Gardens Illustrated** - Nine free virtual garden tours, from the UK and abroad. Click on auto view and sound on icons at bottom right hand corner of screen for 360o tour. <https://www.gardensillustrated.com/gardens/gardens-to-visit/virtual-garden-tours-best>

**House Beautiful** – Eight virtual garden tours from around the world. Click on ‘Take a Virtual Tour’ which takes you to YouTube to enjoy each video. <https://www.housebeautiful.com/uk/garden/g31913008/best-virtual-tours-garden>

## 5. Fitness and getting moving in fun and interactive ways



With recreation centres, aquatic centres, gyms and parks closed or restricted access, it’s time to get creative with keeping physically active. Keeping physically active isn’t just important for physical wellbeing, it is important for stress management and mental health. Other ways to keep active that aren’t “workout” based are gardening, dancing to your favourite songs, even just taking a short walk/roll. You can look at this article for some more ideas <https://theconversation.com/how-to-stay-fit-and-active-at-home-during-the-coronavirus-self-isolation-134044>

**Seated/wheelchair aerobics** when trying any of these ensure brakes are on if you are in a wheelchair, don’t do overhead movements if you have shoulder or neck pain, ensure you are seated evenly in the wheelchair/chair before you start.

[https://www.youtube.com/results?search\\_query=lisa+erickson+seat+aerobics](https://www.youtube.com/results?search_query=lisa+erickson+seat+aerobics)

**Top 5 Online Workouts** Free Online Workouts To Keep You Moving While Self-Isolating <https://www.wsfm.com.au/lifestyle/top-5-free-online-workouts-to-keep-you-moving-while-self-isolating/>





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**The Body Coach** I started the Body Coach TV with a goal to offer free home workouts to everyone, no matter what their fitness levels. It's taken me a long time to grow it but it now has over 250+ free workouts and reaches millions of people all over the world <https://www.youtube.com/user/thebodycoach1>

**Free online fitness classes** <https://coach.nine.com.au/fitness/coronavirus-free-online-exercises-self-isolating-social-distancing-at-home-workouts/516c05ce-2be7-4dc0-9310-49c0849465e0>

**Fitness apps for over 60's** <https://www.oversixty.com.au/health/body/health-fitness-apps-for-over-60s>

## 6. Platforms for building mental health resilience & spirituality



The longer we are isolated, the more it is going to impact our mood and mental health. There are a number of platforms that help build good resilience and mental health through activities especially designed for a specific concern – reducing stress or anxiety, building gratitude, meditation, better sleep.

**National Mental Health Helplines** – if for whatever reason you are not coping, in a crisis and just need to talk to someone there are many national helplines and websites that are there for you. Here is a compiled list of them <https://www.beyondblue.org.au/get-support/national-help-lines-and-websites>

**Tiny Spells** – Sydney based twice weekly email to help with self-care and factoring in the impact of COVID 19 self-isolation. Free, with no product to buy or links to any other businesses to buy product/service. Pure self-care reminders. <https://tinyspells.xyz/>

**SuperBetter** builds resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most. <https://www.superbetter.com>

**Soul Pancake.** They upload a brain batter of videos every week about art, culture, science, philosophy, spirituality and humor. Open your mind, challenge your friends, and feel damn good watching it. <https://soulpancake.com>





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**Sacred Heart Church**, in Kew has Masses recorded and other resources on their website, under News/Events. <https://shkew.org.au>

**Online masses and Catholic resources** at the 'Centre for Divine Mercy' website. <https://centrefordivinemercury.org/holy-mass-online>

**Kadampa Meditation Centre Australia** - Kadampa Meditation Centre Australia is the national centre for Kadampa Buddhism in Australia. Located an hour outside of Melbourne in the lush forest of the Dandenong Ranges, it is the perfect place for experiencing inner peace. They have moved a number of their classes and courses online/livestreamed <https://meditateinmelbourne.org/>

**Corona Yoga** for your 'enlightenment' (some humour) during Covid-19 This will also exercise your facial muscles and force a smile!  
<https://www.youtube.com/watch?v=yBtUxqtTP8I&feature=share>

## 7. Learning



Learning a new skill will grow the mind, absorb you in a new pursuit and take your mind away for while (from the stress, from the worry, from the here & now)

**Online learning** - Here are 450 Ivy League courses you can take online right now for free. They include Brown, Harvard, Cornell, Princeton, Dartmouth, Yale, and Columbia Universities, and the University of Pennsylvania. All these universities now offer free online courses across multiple online platforms. These courses are known as MOOCs or Massive Open Online Courses. So far, they've created 500 courses, of which around 450 are still active. Class Central has made a collection of all these, which you can explore below. I've split these courses into the following categories: Computer Science, Data Science, Programming, Humanities, Business, Art & Design, Science, Social Sciences, Health &

Medicine, Engineering, Mathematics, Education & Teaching, Personal Development <https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/?fbclid=IwAR3LU-gocgFiRrQMkwpc2bcUinDd2SBx-KWMDphsJDftyIcKYuMo1nSjku>

**Udemi** a learning platform with free and paid courses <https://portal.staff.austin.org.au/cvpn/https/about.udemy.com/?locale=en-us>

**Free cooking channel** <https://www.freeview.com.au/watch-tv/channel/33>



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Free Home decorating <http://www.workinggirlpress.com/all/2014/4/11/interior-design-and-homekeeping-shows-you-can-watch-for-free>

## 8. Horticultural Therapy (with a difference) / Gardening

If you're looking for a garden and nature fix then check out some of these links that Steven our Horticultural Therapist has put together for you.



### 8.1 GARDENING SHOWS

**Gardening Australia** - Gardening Australia shares knowledge from across Australia with their presenters presenting gardening stories for all Australian climates and locations. Lots of past stories to view. There is even a recent story about our Royal Talbot Rehabilitation Centre gardens - A Garden for Healing <https://www.abc.net.au/gardening>

**The Garden Gurus** - The Garden Gurus TV Show shares knowledge from across Australia with presenters sharing their knowledge through videos, factsheets and The Garden Gurus TV Show. <https://www.thegardengurus.tv/index.php>

### 8.2 TIME LAPSE VIDEOS

You may also find these time lapse videos fascinatingly enjoyable.

**4K Blooming Flowers Time Lapse** for Relaxation Soft Piano Music <https://www.youtube.com/watch?v=CV2P-xsEiYE>

**Passion Flowers Growing and Blooming** <https://www.youtube.com/watch?v=SVEWkKt60qE>

**The Corpse Flower** – The Titan Arum, one of the world's largest, rarest and smelly flowers! <https://www.youtube.com/watch?v=PSMKcE5XbAQ>

### 8.3 GARDEN TOURS

**Gardens Illustrated** - Nine free virtual garden tours, from the UK and abroad. Click on auto view and sound on icons at bottom right hand corner of screen for 360o tour. <https://www.gardensillustrated.com/gardens/gardens-to-visit/virtual-garden-tours-best>



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**House Beautiful** – Eight virtual garden tours from around the world. Click on ‘Take a Virtual Tour’ which takes you to YouTube to enjoy each video.

<https://www.housebeautiful.com/uk/garden/g31913008/best-virtual-tours-garden>

## 9. Music Therapy (with a difference)

Our Royal Talbot music therapists have put together an amazing guide to how to boost your home engagement with music and thus explore music more.

### 9.1 LISTENING TO MUSIC

Listening to music can have a therapeutic effect on your mood, and now might be a good time to explore ways of using music as a tool to lift and transport you somewhere else. Most music streaming services provide search options to find playlists to match your mood (see instructions below). Music streaming services also give you the option of building your own playlists with specific songs that are meaningful to you.

### 9.2 SPOTIFY

Under the "Search" tab, there is an option to "Browse All" categories and genres that might interest you. In the folder labelled "Mood" there are many different options to help match your mood including: Morning Motivation, Unwind 80s, Chilled Afternoon, Rage Beats, Soul Coffee etc.

### 9.3 YOUTUBE MUSIC

On the "Home" page, scroll down to find playlists to suit your mood.

- "Feeling Good" playlists include: Feelgood Singer-Songwriter, The Happiest Pop, Upbeat Modern Soul, Good Feelin' Country.
- "Energy Boost" playlists include: Neo-soul Bounce, Pop Sugar Rush, Hustle and Motivate.
- "Easy Afternoon" playlists include: Coffee Shop Indie, Easy Rap and R&B, Easy Rock, New Indie Chillout.
- "Stay Focused" playlists include: Downtempo Instrumentals, The Smoothest of Smooth Jazz, Cinematic Ambience.



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## 9.4 APPLE MUSIC

Under the "Browse" tab, there is a heading labelled "Music by Mood". Playlist options include Chill, Throwback, Motivation, Feel Good, Sleep etc.

## 9.5 SOME PLAYLIST IDEAS FOR RELAXATION

### **Spotify:**

Butter - Slow Alternative Soul and Jazz

Relax and Unwind - Indie/Pop

Stress Relief - Calm ambient instrumental music

Meditate to the Sounds of Nature - Calm ambient instrumental music with nature sounds

MT Relax - Relaxing with Character (by Music Therapy Student Sam Allen-Craig)

### **Youtube:**

Night of Smooth Jazz: <https://www.youtube.com/watch?v=ZcThrAU9yLk>

Relaxing Sunday Mornings - An Indie/Folk/Pop Playlist: <https://www.youtube.com/watch?v=RGBgrnCWZg8>

Relaxing music with Birds Singing - Beautiful Piano Music and Guitar music: <https://www.youtube.com/watch?v=FMrtSHAAPhM>

Morning Relaxing Music - Soft Instrumental Music: <https://www.youtube.com/watch?v=iqmO1RlqorU>

### **Apple Music:**

Jazzzzzzzzzzzz - Quiet and slow Jazz



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Comfort Zone - Downtempo R&B/Pop

Acoustic Chill - Acoustic Singer/Songwriter Indie/Pop

Sleep Sounds - Ambient Instrumental Music

Pure Spa - Ambient music with Nature sounds

Peaceful Music - Slow instrumental Music

## 9.6 ACTIVE MUSIC IDEAS

- Karaoke singalongs with Youtube clips that have lyrics
- Write your own lyrics to Karaoke songs
- Make your own instruments with household objects. For some ideas and how-to's: <https://takelessons.com/blog/homemade-musical-instruments-z15>
- Share and discuss favourite songs with loved ones

You can also find this guide online at <http://www.austin.org.au/page?ID=3497> or <http://www.austin.org.au/leisureresource>