

COVID-19 & the Lupus Community web meeting with Dr. Ramsey Goldman

Follow up materials

Dr. Rosalind Ramsey Goldman shared the links below for the benefit of the lupus community.

This information is for educational and informational purposes only and serves to benefit our mission. The Lupus Society of Illinois (LSI) does not provide medical advice or recommendations. This information should not substitute or replace expert medical care. Before making changes to your medical care, consult your qualified healthcare professionals familiar with your medical condition and health status.

Mental Health

Meditation and Anxiety Reducing Apps

- Headspace: curated meditation content for the crisis:
<https://www.headspace.com/covid-19>
- Calm App: curated meditation content for the crisis -
https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720
- Breathe2Relax
<https://apps.apple.com/us/app/breathe2relax/id425720246>
- Mindshift
<https://apps.apple.com/us/app/mindshift-cbt-anxiety-canada/id634684825>
- MoodTools
<https://apps.apple.com/us/app/mind-tools/id420985422>
- Sleep with Me Podcast
<https://www.sleepwithmepodcast.com/>
- Insight timer:
<https://insighttimer.com/>

Guided Meditation

- Breath Meditation for Peace and Insight
<https://www.youtube.com/watch?v=VdthiYi5VJo>
- Breath and Loving Kindness Meditation
https://www.youtube.com/watch?v=hjb_WsCFho4
- Embracing the Entire World with Loving Kindness
<https://www.youtube.com/watch?v=KQsC2syk4VE>
- Guided Loving Kindness Meditation (20 min)
<https://www.youtube.com/watch?v=8gN1O75ORY0>
- Guided Loving Kindness (32 min)
<https://www.youtube.com/watch?v=7Jb72-QgXOc>