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## 9 HOLISTIC ONLINE SELF-CARE SESSIONS AND WORKSHOPS AVAILABLE FOR VIRTUAL HEALING



SELF-CARE TIPS

by JESSICA ESTRADA, MAY 16, 2020



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With social distancing and stay-at-home orders in place to fight the spread of the novel coronavirus, online self-care practices have become a booming avenue for rejuvenation. And I, for one, am not so mad about it. Yes, the internet can sometimes be a source of stress and anxiety especially with fake news swirling, but it can also be a place for deep healing and transformation. And right now, we're fortunate to have an endless library of workshops, certification trainings, meditations, and courses available at our fingertips, as well as access to practitioners who facilitate private healing sessions virtually.

In fact, in many cases, practitioners have pivoted their business models from IRL offerings to support online self care amid the pandemic. By giving these practices a shot, you're supporting the practitioners as much as your own self care.

Think you might benefit from some healing (and, really, couldn't we all?), whether mental, emotional, physical, or spiritual? If so, here's a list of different modalities you can explore and memberships you can sign up for to support you during these pandemic times and beyond with online self care.

9 online self-care ideas to soothe you while you shelter in place.

## 6. The Well

Wellness hub the Well's digital membership (\$149 per month) includes access to offerings including health coaching sessions, live daily mindful movement and meditation classes (yoga, strength training, and qigong, for example), lectures, webinars, and support circles. It also includes unlimited access to a library of content.

Without joining the service, you could still purchase the new anxiety-focused webinar program available on platform called Release (\$49), led by Lia Avellino, LCSW. This three-part digital course covers the neuroscience behind anxiety, how to reframe anxiety, cultivating awareness of your nervous system, and spiritual practices for releasing anxiety.