

**Circuit Breaker  
end already still  
cannot go out? :(**

**Yes if it is not essential  
we should all stay home  
to ensure a safe  
community for everyone!**

**But then...  
#StayHome  
and do what?**



**PROGRESS**



**PEOPLE**



**PHYSICAL HEALTH**



**PSYCHOLOGICAL HEALTH**



**POSITIVITY**

# 5 'P's WE NEED IN PHASE I

Brought to you by C3: Project AsC3nd (DHS)



**CALVARY COMMUNITY CARE**

CHARITY • COMPASSION • CARE

# CALVARY COMMUNITY CARE RESOURCE KIT



## PROGRESS

Whether it's baking, photography or even IT skills, use this opportunity to challenge yourself and learn things you have always wanted to do.

### Widen Your Knowledge

Filtered Coursera Courses

Reading: Download self-help books (Telegram)

### Learn Cooking

Noobcook: 15-Minute Recipes for Newbie Cooks

Food Network: for Novice Cooks

Already a chef? Challenge yourself to Campbell's advanced recipes!

### Pick up a New Language

It's not as daunting as it seems!

Set a time for it each day (from 5, 10 to 20minutes) and track your progress with Duolingo



# CALVARY COMMUNITY CARE RESOURCE KIT



## PEOPLE

“No social gatherings” doesn’t mean you can’t stay connected with your loved ones or make new friends!

**Spend quality time over..**

### GAMES

Find all the games you need to know at:  
<https://tinyurl.com/onlinegamesforall>

### COOKOUTS

5 most popular instagram Recipes of the Covid-19 lockdown.  
If you prefer chinese, check out 8world’s 上菜了!

### Bring connection to others

Volunteer via [giving.sg](https://giving.sg) or follow [VolunteerJio](https://t.me/VolunteerJio) on telegram!

Make new friends over meaningful conversations at:  
<https://www.friendzone.sg/>



# CALVARY COMMUNITY CARE RESOURCE KIT



## PHYSICAL HEALTH

It is important that during this period of time, we stay healthy for the sake of ourselves and our community.

### Exercise

HASfit features healthy food recipes and workouts for all ages

Over 500 free workout videos on Fitness blender.

If you need to feel a little pinch to commit to exercising, Fitness blender has affordable workout programs!

Start your day early with Singapore Press Holdings: Zaobao for 7AM workouts!

### Healthy Eating

Check out Singapore Heart Foundation for a wide array of healthy recipes



# CALVARY COMMUNITY CARE RESOURCE KIT

## PSYCHOLOGICAL HEALTH

Wish you could take a breather but are unsure of how to wind down? Want to help someone but not sure how to?

### Resources

Read articles on mind balance and find e-resources on [Healthhub Singapore](#)

### Services

[Counselling services \(C3\)](#)

[Samaritans of Singapore \(SOS\)](#)

[Singapore Association for Mental Health \(SAMH\)](#)

# CALVARY COMMUNITY CARE RESOURCE KIT



## POSITIVITY

Check out the links below whenever you need an extra boost of energy or inspiration for yourself or others!

### For Yourself

Find 12 simple ways to stay positive on [Thrive Global](#)

Renew your mind listening many podcasts & resources online!

[The John Maxwell Leadership Podcast](#)

[Conversations with John and Lisa Bevere](#)

### Bring it to others

Bring positivity by praying for someone using [praysg](#), dropping them a message of encouragement or even sending a snail mail.

Gift someone! Visit [thejumuco](#) to find personalised calligraphy gifts, to succulents and even a cuddle pack.

Find assorted bakes with postcards at [bakervsg](#) or simply GrabFood a favourite treat for your friend to cheer them up!

