



2020 Meaningfulworld Free Support in times of global challenges

1. Here is a 10-minute film we prepared to help strengthen the immune system.
<https://youtu.be/WET34N9htNw>
2. When you cannot go out to parks or to gyms, due to physical distancing, we invite you to do this short exercise in the comfort of your own home called Soul-Surfing! For mind-body-eco- spirit health. <https://youtu.be/nk-aedntLWs>
3. How to manage stress, worry, fear, and anxiety.
<http://voiceofarmenians.com/programs/dr-ani-kalayjian-how-to-manage-stress-and-anxiety-during-this-time-of-crisis>
4. How to manage fear, anxiety, and distress in times of global pandemic! APodcast.com. Adrian Sinclair interviews Dr. Kalayjian on integrative healing & discussing next steps “How do we transform crises into opportunity.” <https://youtu.be/z7WJaeDN8i8>
5. What is after COVID-19? Nurturing Ecological Consciousness.
Ecological Consciousness in times of global pandemic! Regain your health, well-being, regain your emotional and physical peace! https://youtu.be/aC8XQ2Z_YGE
6. Humanitarian Mission in Puerto Rico: <https://www.youtube.com/watch?v=D7sHZq5fa-k>
7. Host Daren Jaime sits down with the Founder of ATOP MeaningfulWorld, Dr. Kalayjian discussing the systemic oppression affecting people of color, the psychological impact of COVID-19, and how people can deal with loneliness. <https://youtu.be/ur1m30vD90Y>
8. ATOP Meaningfulworld #RealLifeHeroes: <https://youtu.be/gi5MyhTW9uc>
9. ATOP Meaningfulworld transforming racism <https://youtu.be/EI7ns20xThs>
10. Forgiveness Series - part 1, Myths on Forgiveness: <https://youtu.be/CrPJxn5-r0I>
11. Forgiveness Series – part 2, Forgiveness is Liberating: <https://youtu.be/eEsBSSVfBA>
12. The Empty Chair: NYSPA, how to cope with grieving in times of COVID-19.
<https://m.youtube.com/watch?v=g5166MnCSol&t=745s>
13. Dr. Ani Kalayjian, Poetry Series: Please Call God
<https://www.youtube.com/watch?v=LJdxy8VF1Mo>
14. Dr. Ani Kalayjian Poetry Series; Love Will Prevail
<https://www.youtube.com/watch?v=406kaBbCqZo>
15. Dr. Ani Kalayjian Poetry Series; The Other Side of Love
<https://www.youtube.com/watch?v=cvz4qz7JTDs>
16. Dr. Ani Kalayjian Poetry Series; Let Love Transform You
<https://www.youtube.com/watch?v=AiAWuCxeORE>
17. Dr. Ani Kalayjian Poetry Series: COVID-19 Phone Call
<https://www.youtube.com/watch?v=oRekOIEsZ34>

18. Dr. Ani Kalayjian Poetry Series; Terminal 3
<https://www.youtube.com/watch?v=EkJD3WwiHPU>
19. Transforming Racism and Establishing Justice <https://youtu.be/d2UXdm6L9q8>
20. Kalayjian, A., Guevarra, J. and Antona, E. (2020, Summer). Mental Health Challenges of a Global Pandemic: The Case of COVID-19. *Trauma Psychology News* - 15(2).
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