**Dr. Roger and Friends**

*The Bright Side of Longevity* Facebook Videos

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| **Title and Facebook URL** | **Description** |
| **“What’s That You Say Now?”** <https://www.facebook.com/brightsideoflongevity/videos/667166777427756/> | [Dr. Roger Landry](https://www.facebook.com/doctorroger/?eid=ARALSKaRwWdkonwljkL3htV6az6TzQ0OK8cHdO0QIxEAdxtQ7WsFa5TQIKx489nCL8m055Nm1BGvjIGP), [Teresa Amaral Beshwate](https://www.facebook.com/teresa.a.beshwate?eid=ARCJI6NcYAvSRXC0HW0DXDmlzQVH6h6xL3AVhAYK94nLeNs75GgVT_i4rCSu6IALEWWyUQwdu6XSJoV1) and [Danielle Palli](https://www.facebook.com/daniellepalli?eid=ARAIkyNdkUwiiI44IiQZDGnDFmYX5ssT502klslEdwl-qadJe9gD8LX6pVVRlnqKIKWIV9ZRTTeQ2iNf) discuss some of the challenges couples face when stuck inside together for long periods of time. In this session ... tips for staying sane AND together. |
| **Calming the Anxious Brain** <https://www.facebook.com/brightsideoflongevity/videos/3721515767923171/> | Dr. Roger shares what happens in the brain when we're stressed. Teresa offers tips for being mindful throughout the day, and Danielle closes with a brief meditation and suggests a few meditation apps. |
| **Lessons Learned** <https://www.facebook.com/brightsideoflongevity/videos/167200890976765/> | We are all learning some valuable new lessons in flexibility, renewed purpose, vulnerability, connectedness and getting comfortable with being uncomfortable.  |
| **How Will You Look Back on This (Developing Empathy and Compassion)?** <https://www.facebook.com/brightsideoflongevity/videos/652117948885137/> | This is a historic time. Once Covid-19 has passed, how will you look back on this time? How did you respond? Did you help, hurt, show compassion, and empathy? Now is the time to develop empathy and learn to create good in your life. |
| **Stocking Up** <https://www.facebook.com/brightsideoflongevity/videos/269833930684557/> | While we're "stocking up" on things we need, don't forget to include these in your emotional pantry: stock up on compassion, kindness, gratitude, joy, patience and love. |
| **RAKtivism and Volunteering (Even When You’re Stuck Inside)** [https://www.facebook.com/brightsideoflongevity/videos/239881353819826/](https://www.facebook.com/brightsideoflongevity/videos/239881353819826/%20%20) Helpful Resource: [https://www.pointsoflight.org](https://www.pointsoflight.org/?fbclid=IwAR1WzRZVK3DLab1B5naoiedOn7e9a6SKls31Z6mkmm-SiYq5NlCXvkzxgoI) | In this short message, [Dr. Roger Landry](https://www.facebook.com/doctorroger/?eid=ARD_DqKlyOj9QyaUYNkf0wsoo8kw01CuhvPeSVy0e2MsmW9afYuH7fh3ngjxZ1YjNlYbdnTIrRabBCSj&fref=tag), [Teresa Amaral Beshwate](https://www.facebook.com/teresa.a.beshwate?eid=ARA5YjZPyE2_xqaMTEWAnmCRNqlkmfuojnt7DKFDSl6zqNfvJ6FHUUPWH_MulT5FU-fQ1GpOEBcf1dR9) and [Danielle Palli](https://www.facebook.com/daniellepalli?eid=ARBp6qJ7QJX69o876Gq2btArq9ienuqIEV2tVmJdO3KaMscGkR6P8JK3GB739OhT-u8nZUOdlC1K6h1w) discuss RAK (random acts of kindness) and volunteering for those who have the time, talent and treasure to share, and how we can help, even when stuck inside.  |
| **Introvert or Extrovert? We Can Help!** <https://www.facebook.com/brightsideoflongevity/videos/152686409393828/> | [Dr. Roger Landry](https://www.facebook.com/doctorroger/?eid=ARBoN6mC40-FUZqu_rd_mh78Gu10FxKuUF-5uXB3E029WakRfX6MhgE_KiAfb5gprucT1SzPeUbl0yoA&fref=tag) shares the most recent tips for both staying safe and healthy, what symptoms to look for with Covid-19 and how to respond if you do feel ill. [Danielle Palli](https://www.facebook.com/daniellepalli?eid=ARCIDUDGA9pvExRN-WTwyL_IAbpurOcDmS1cfQOe_nYieTKqm4iWeWXgC6UohYC6Dc7hsFP3jiXNnhXu) offers tips for both the introverts and extroverts among us, and how to maintain our wellbeing, and [Teresa Amaral Beshwate](https://www.facebook.com/teresa.a.beshwate?eid=ARBtE-A7WLAG-3DcngiTxjQXAcra7PS4qsXGeHWGhCrycf7LxHZeNyloTz8gxObR6HSBKwjpm9mb_3WD) discusses determining our needs and then making a plan to address them. |
| **Gratitude (It Does a Body Good)** <https://www.facebook.com/brightsideoflongevity/videos/1079329409113669/> | [Dr. Roger Landry](https://www.facebook.com/doctorroger/?eid=ARASVEi--a_AVBEUEJG5_LJ6kQKz8vA9I_MMCusr99Eui_DIpWocYdEavSe1_H9-JgpeTrGpusaLimCz), [Teresa Amaral Beshwate](https://www.facebook.com/teresa.a.beshwate?eid=ARBykhs4nRa2NyiZ0iSgvY5nJ8ieL7bN3iY63FUKzXutTIPYHJJMpx7D_xKsmZhySkXPp6etHq4mjaWQ) and [Danielle Palli](https://www.facebook.com/daniellepalli?eid=ARDTLMajm2GTLthq1B2-MSigNhN97UVSKzNwAHYUS_H8NE_bFqPKK01YC7MtCvbBimhSudMRS9kbeIus) discuss the enormous health benefits of gratitude and how changing your thinking can change your life. They also offer a "how to" primer for creating and sharing gratitude with others. |
| **Grief** <https://www.facebook.com/brightsideoflongevity/videos/162152221585884/> | Many, if not all of us, are experiencing grief right now in one form or another, be it loss of freedoms, loss of planned events (like weddings, vacations, graduations), loss of loved ones, loss of employment, loss of physical contact, etc. It’s important to acknowledge how we’re feeling, without judgment of ourselves or others, and seek out peaceful moments to create space to work through some of what we’re feeling.   |
| **Coping with Grief and Loss During Covid-19 (part 2)** <https://www.facebook.com/brightsideoflongevity/videos/1314855425374138/> | [Dr. Roger Landry](https://www.facebook.com/doctorroger/?eid=ARBdb9ruWu97his0Alok4C98FF2Yhf8R33jgyuc_QVAYBDbuHj2lwuT2wZY-UYl2lE1eKAAhu0-5G4ro&fref=tag), [Teresa Amaral Beshwate](https://www.facebook.com/teresa.a.beshwate?eid=ARD_aGwbfnYutE6KMXCkIbVAS1-9kRzrgH7yzFy-fQ0IGuDjw6UxjlR85XIxNyv9kCjFmMvpd0_FRBIj) and [Danielle Palli](https://www.facebook.com/daniellepalli?eid=ARBlYNo_L5XIgya_wiKb2qSrwtydBg204n7QRgY-OiGQ0aZpbEmt0iZ_e26t8KracZNae-87Lyb0j52t) discuss grief and loss in greater detail, including symptoms many might not identify as grief, coping strategies and practicing self-compassion in action and thought.  |
| **Humor** <https://www.facebook.com/brightsideoflongevity/videos/2777052769188893/> | [Dr. Roger Landry](https://www.facebook.com/doctorroger/?eid=ARCDo4seFiDOheddF_SjoPtLOoGvdAtpms_AOML-8lISqYfTPt2nYsmU-rLUJcCgK4kLCBCReHIYKWGa), [Teresa Amaral Beshwate](https://www.facebook.com/teresa.a.beshwate?eid=ARDsMWW7HZvyvWf4kRK5kPM2lY7ef0XJ06J7UVqgnvqA6ijl-6ZoPyTvbuRVGdXQlFbmjWNpnsOjLvNk) and [Danielle Palli](https://www.facebook.com/daniellepalli?eid=ARD53JALMInlVTQ4G79fPMLqTV7gdTr1weWHAN5FXgbTv_Xv9mlFOkBa_HcrmXezXeb4y7qLSxrIKb28) discuss the role of humor during Covid-19: being sensitive to the situation we're all facing, the benefits of laughter, in general, and laughter as a coping mechanism. |
| **The Value of Sleep** <https://www.facebook.com/brightsideoflongevity/videos/1004705743259304/> |  [Dr. Roger Landry](https://www.facebook.com/doctorroger/?eid=ARCPfkrLp6V9rIh8o24yF2LcRJYuBzlQUls6rL8rZWbPZGmPG_fvZa1rXP2NCaaJ2MMwGqZiLL2egIg9&fref=tag), [Teresa Amaral Beshwate](https://www.facebook.com/teresa.a.beshwate?eid=ARCHkSah4KMzK-FODguOT6IKc7M8FKv4-agtXxhP1cf2lkfnJ92TFPSJonkpaSQy2MILxeZjAn90b4QX) and [Danielle Palli](https://www.facebook.com/daniellepalli?eid=ARDJQT3KhZmvQ8GmvFR3D44LmlZ5PRjcBkiZ972qqRCpyDVI_RDCNip_oERVIRF7BGCizikFOArgByWM) discuss the benefits of sleep, and what happens when we don't get enough of it (e.g. more prone to accidents, poor work performance, increased risk of disease, faulty memory, etc.). They also offer tips for making sure you're getting quality Zzzzzs during this stressful time. |
| **Dealing with Anger** <https://www.facebook.com/brightsideoflongevity/videos/532142401014910/> | [Dr. Roger Landry](https://www.facebook.com/doctorroger/?eid=ARDkRNyolqEVISTRqPWLapYGawD2cPFQxTPt0vVIhEWxPVPmHR-XTmkf6mMpoD7ivEldnMl-LhsjYqpO), [Teresa Amaral Beshwate](https://www.facebook.com/teresa.a.beshwate?eid=ARBpEXKQwG_M_4_a29xPIYhENLZkvaB1B2Xk-rnEH-T2vsLTtk16E-i4nEgmNQXbbiEYmPuqlV8KWKnl) and [Danielle Palli](https://www.facebook.com/daniellepalli?eid=ARB1zAm5iRkhsZb1EpKlm3oS_DwXNocb6T1v9dH9F58xJdNceX8SGA7t60gcoqfA5Y1Gn0wzZ3JX58Yz) discuss anger, its prevalence with people in quarantine and isolating with family members. They also share tips for recognizing symptoms, unhealthy thoughts, as well as triggers when you become angry, and what you can do if you notice anger escalating.  |
| **What the World Needs Now is Love … and Mountain Goats!** <https://www.facebook.com/brightsideoflongevity/videos/519806425364746/> | [Dr. Roger Landry](https://www.facebook.com/doctorroger/?eid=ARAHeAn7Ual6z8kKmCzEuHTf25dYmsHa_i9QLogq4Ec4b9IAaUwYAxhjMEUa0YTLUdQQnIf6EvBJVAtW), [Teresa Amaral Beshwate](https://www.facebook.com/teresa.a.beshwate?eid=ARBJDsx_YHFdzQteZJWsjX5CYLbd2taQaGMj5mwCQE9RWKARphUY2Sgwpp_7aVeBlr3Q7zJb5v-M5x_R) and [Danielle Palli](https://www.facebook.com/daniellepalli?eid=ARANfTUBRILE_Hdtji5ahjlXiYJWS57r3YAVnnAM77dVtxfndIEuk5GI5Z66mOzoR0MEbqO_3IQBgt1e) share their favorite heartwarming stories during Covid-19, with a salute to teachers, first responders and everyone on the frontlines.  |
| **What We Want to Keep Moving Forward** <https://www.facebook.com/brightsideoflongevity/videos/229875554760897/> | [Dr. Roger Landry](https://www.facebook.com/doctorroger/?eid=ARBDHEB3CUWP2rPpvCWu9h9eZ1IAAgjXegNKCYGBz8mABJTigsUaM96ewxWShzYpFFgPQlm3GnHSSS9O), [Teresa Amaral Beshwate](https://www.facebook.com/teresa.a.beshwate?eid=ARDH3CupRpblCl-fhodYFBlr7GKZkiluWvbjW7EYluLjIZGKi9nFvoV6eJrX0PMfA_NJ2w4N3-0ad8MB) and [Danielle Palli](https://www.facebook.com/daniellepalli?eid=ARDP8qx8pIs769p8SaKiiQaJZFlMDesCpQTb0GABYBfBKpBKHQTvgHfWQ78rV9vqcSTO2xmHtRtvwV0P) discuss what they've gained being in self-isolation and what we, as a species, can learn from this time. Topics include developing self-awareness, witnessing businesses that are stepping up and helping others in creative ways, recognizing our interconnectedness, and noticing our profound appreciation for life and how we spend our days. |

**\*If you need to download the video for your community’s internal TV channel, here is a video to show you how to download:** [**https://www.youtube.com/watch?v=QbRSbXFlqjI**](https://www.youtube.com/watch?v=QbRSbXFlqjI) **(start at 1:05 since you have the video URL)**