COVID-19 Shared Resources

How can Capacitar Practices can help?
Capacitar's wellness practices give people simple tools they can use in the moment to manage the emotional challenges of Covid-19 (such as, fear, anxiety, panic, depression), as well as some of the physical symptoms related to the virus (chest-lung congestion, muscle pain, immune system response, low energy). See the wellness bulletins and videos for various practices.

Video Links
YouTube Versions of specific practices:

COVID-19 Series
Fingerholds for Managing Emotions  https://www.youtube.com/watch?v=Kc32arfiRo8

Immune Boost  Capacitar Immune System Boost HD

Anger and Frustration  https://www.youtube.com/watch?v=4yDetuRiBDw&t=11s

Pain Drain  Capacitar Pain Drain HD

Switching  Capacitar Switching

Acupressure to Manage Anxiety and Fear  Capacitar Acupressure for Anxiety

The Holds to Calm and Relax the Body, Mind and Spirit  Capacitar Holds

Hand Positions for Protection  Capacitar Hand Positions for Protection

Emotional Freedom Tapping  https://www.youtube.com/watch?v=5qyfWNmZZSA

Acupressure for Body Symptoms  https://www.youtube.com/watch?v=qY2b9D3Jyw4

Spanish:  Agarrar Los Dedos Para Manejar Las Emociones

Spanish:  Puntos de Acupresión Para Enojo y Frustración

Spanish:  Visualizacion del Lugar Sagrado y Seguro

Capacitar International Channel includes COVID-19 Videos, Panama Videos, German Videos, The Capacitar Story and much more!
Capacitar International

The Story of Capacitar

This Channel done by Capacitar Scotland ("Tiny Little Hannah") has videos of all Capacitar Practices  shorturl.at/nGNUV