

COVID-19 Wellness Resources:

Free:

- **Wellbeats** is offering free subscription till end of April to access a number of excellent workout videos.
- **Podcast:** Be Safe and Calm During a Pandemic with Dr. Julie Rosenberg and Self Care for tough times
 - <https://www.meditation.live/covid-19>
- **Apps:**
 - **Headspace (free with subscriptions available [iOS](#) and [Android](#)):** Headspace has free specific sessions for moments of panic, anxiety and stress. There are also quick 2-3-minute meditation sessions and special animations that teach skills and answer questions about mindfulness.
 - **Stop Breathe and Think (free on [iOS](#) and [Android](#) with subscription content).** This was one of the first and continues to be one of the most popular mindfulness and meditation apps available.
 - **Peloton** is offering a 90-day free trial period featuring instructor led workouts for Strength, Bootcamp, Meditation, Yoga, Dance and Outdoor running.

