

App	Calm
Access	https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720
Resources	Popular wellness app offering a portion of its content free of charge, including mindfulness activities, calm practices, masterclass sessions on a variety of themes, and both meditations and stories for sleep.

App	Insight Timer
Access	https://insighttimer.com
Resources	An entirely free app with access to over 30,000 guided meditations (including practices specific to anxiety, self-compassion, stress, among others), insight talks, and a vast library of "music for calm."

App	Ten Percent Happier
Access	<p>https://redeem.tenpercent.com</p> <p><u>Free Access for Health Care Workers:</u></p> <ol style="list-style-type: none"> 1. Create an account on the website (or, if you already have an account, sign into your Ten Percent Happier account where it says "Already have an account? Sign In."). <ul style="list-style-type: none"> o Make a note of the way you registered your account — using email/password OR Sign up with Apple OR Sign up with Facebook — you'll need it when you sign into the Ten Percent Happier app on your mobile device. 2. Enter your Gift Code: HEALTHCARE. Tap or click "Redeem." 3. Download the iPhone App or Android App on your mobile device (if you haven't already). <p>IMPORTANT: Log into the app using the same method you used to claim your code on the website. Do not create a new account on the app that is different from the account that you just created on the website.</p>
Resources	An app associated with the popular podcast and book series providing a library of meditations - delivered in single sessions, multi-episode courses, and even live streams - alongside resources for sleep, reflective practice, and mindfulness.

Site	Ten Percent Happier – Corona Survival Guide
Access	https://www.tenpercent.com/coronavirussanityguide
Resources	The Ten Percent Happier App (detailed above) has created a page with resources specific to coping with COVID19 and the anxiety and uncertainty surrounding the same. Included on the page are guided meditation, reflective talks, and podcasts – with some content specific to health care providers and the stressors they may be coping with.

Apps	Down Dog Yoga
Access	<p>https://www.downdogapp.com/healthcare</p> <p><u>Free Access for Health Care Workers:</u></p> <ol style="list-style-type: none"> 1. Use the above link to register as a health care professional with the site. 2. Go to downdogapp.com to download the apps for smartphone or tablet or to use the apps on web. 3. Open any of the apps and sign up with Email and Password - make sure to use you're the email address you signed up with! 4. Check your email: they'll send a confirmation email to the address you used to sign up. 5. Click on the link in the email to confirm your account 6. That's it! You're ready to practice!
Resources	A yoga app that generates individualized practices based on inputs including your time constraints, level of experience, or desired focus, unique every time you start the app. Not only has Down Dog been made free for health professionals, you will also get access to the company's multiple, additional apps - Yoga for Beginners, HIIT, Barre, and 7 Minute Workout.

Apps	Peleton
Access	<p>https://apps.apple.com/us/app/peloton-at-home-fitness/id792750948 to download the app.</p> <p>***Make sure you register and create an account through the app directly. Otherwise, if you register through the website, you will need to enter your credit card information to receive your trial.</p>
Resources	Popular fitness app offering 90-day free trial to their content which includes both individual classes, and longitudinal programs, in strength training, cycling, yoga, stretch, cardio, running, and more.