

## **Apps:**

### **Calm:**

The Calm App aids in meditation, sleep, and mindfulness.

[https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult\\_times\\_nonsubs\\_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720)

### **Headspace:**

The Headspace app is offering free access to Headspace Plus for all US healthcare professionals working in public health settings. This includes meditations, sleep, and movement exercises to help you out, however you're feeling. Helping those who care for us, care for themselves. If you are a healthcare worker you can receive free access to the app by visiting <https://www.headspace.com/health-covid-19>.

### **Ten Percent Happier:**

This app offers a free Coronavirus Sanity Guide, guided meditations for Coronavirus Responders, along with a podcast, talks and newsletter on how to handle coronavirus anxiety. If you are a healthcare worker and are not currently subscribed to Ten Percent Happier, you can receive free access to the app by emailing [care@tenpercent.com](mailto:care@tenpercent.com) for instructions.

### **Peloton:**

As precautions limit people's ability to attend classes and gyms, Peloton is offering all new users (not just healthcare professionals) a 90-day trial of its subscription workout app. The fitness freebie doesn't require a Peloton-branded bike or treadmill. Users can choose from classes such as yoga, meditation, strength training, cardio workout and more. One note: Peloton does ask for your card details if you sign up for the 90-day trial via the web, and you'll be charged if you forget to cancel once that period is up, though they do not ask for your card details if the trial is activated through the App Store, GooglePlay or FireTV devices. Once the free trial expires, the app costs [\\$13 per month](#). Previously, the app's free trial period was 30 days.

### **Fitness Blender:**

This free exercise website was recommended by a wellness coach at Mayo Clinic's Dan Abraham Healthy Living Center. You can view it here:

<http://fitnessblender.com/>