



Wellness in the Department of Medicine

Free Apps and Articles on Staying Sane in the Coronavirus Era

Ten Percent Happier: Corona Virus Sanity Guide

Free app for health care workers

<http://bit.ly/39ZPmSP>

Washington Post Article: *How to stay psychologically resilient during coronavirus*

<https://wapo.st/2WmZ9hQ>

Headspace Free for health care professionals

Use your NPI and e-mail address where it is registered

<http://bit.ly/2x8LKiz>

Insight Timer: Free Meditation App

<https://insighttimer.com/>

Insight Timer Ease Coronavirus Anxiety

<http://bit.ly/2TZDYAJ>

Free Apps through Apple Store

Includes: Carrot Fit, Down Dogs, Planet Fitness, Dark Noise and news apps such as The New York Times that have removed paywalls

<http://bit.ly/38ZQwMA>

Free workout Apps for Home Fitness

Asana Rebel is a yoga-inspired fitness app that has guided yoga flows alongside "regular workouts, which still have " some yoga elements in them

<https://asanarebel.com/>

Nike Training Club

The Nike Training Club app offers a variety of guided workouts at different intensities and lengths in easy-to-follow video formats

http://www.nike.com/us/en_us/c/nike-plus/training-app