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

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*

Free workout Apps for Home Fitness
*Asana Revel 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*