

Mental Health

- ◇ [Headspace](#) is offering its app for free for healthcare professionals! If you have any issues signing up, I strongly encourage reaching out to their support team – they got back to me very quickly!
- ◇ [Calm](#) is offering a page of free resources.
- ◇ [Ten Percent Happier](#) app/website – free full access to healthcare providers; sign up online at [www.tenpercenthappier.com](#) with gift code HEALTHCARE.
- ◇ [Coronavirus Sanity Guide](#) - Web-based resources from Ten Percent Happier, also available via app
- ◇ [Three Good Things](#) app – free, a happiness journal to help you focus on positives
- ◇ Other downloadable mindfulness, meditation, and relaxation MP3's from MIT:
 - [Body scan](#) (20 mins)
 - [Seated body scan](#) (7 mins)
 - [Lying down body scan](#) (40 mins)
 - [Mindfulness of breathing](#) (16 mins)
 - [Sitting meditation](#) (34 mins)
 - [Mindful yoga](#) (24 mins)
 - [Gentle stretching/yoga meditation](#) (38 mins)
 - [Guided visualization for relaxation](#) (9 mins)
 - [Relax: Guided meditation](#) (6 mins)

Exercise

- ◇ **CorePower Yoga** is offering free yoga on demand!
- ◇ **Peloton** is offering their app for 90 days free! There is yoga, HITT, cardio, and strength workouts that don't require a bike!
- ◇ **CrossFit** free workouts for at home!
- ◇ **Down Dog**: All apps (Down Dog, Yoga for Beginners, HITT, Barre, and 7 Minute Workout) Free until April 1st!

Entertainment

- ◇ **Virtual Parties!** Download this app to video chat with multiple people at once!
- ◇ **Netflix Party Chrome extension** – This downloadable extension for Chrome enables synchronized Netflix viewing with an added group chat, making it possible to watch your favorite shows and movies with your favorite coworkers from a distance.
- ◇ **Skype** Karaoke – use Skype to host video conference karaoke for up to 50 people, free. Another option for connecting with your more confident coworkers from a distance.
- ◇ **Virtual Concerts, Play, and Museums!**
- ◇ **Podcasts Suggestions:**
 - ◆ The Daily – New York Times podcast interviews Times journalists who summarize and comment on their stories
 - ◆ Stuff You Should Know – biweekly podcast that gets to the bottom of interesting and strange questions
 - ◆ Supernatural with Ashley Flowers – uses the strange and surreal to try to explain some of the world's most bizarre occurrences
 - ◆ Fresh Air – insightful interviews with today's luminaries
 - ◆ Hidden Brain – science and storytelling reveal the patterns that drive human behavior and shape our relationships and choices
 - ◆ Hall of Shame – dramatic and funny explorations of some of the biggest scandals in sports.

- ◇ Invisibilia – fuses narrative storytelling and science to explore human behavior and make you see your own life differently
- ◇ Making Sense – explores controversial questions about the human mind, society, and current events
- ◇ Dirty John – true story about a relationship that started through an over-50 dating site with a man who isn't what he seems
- ◇ The Moth – true stories told to live audiences by those who experienced them
- ◇ Dr. Death – stories about cases in which the medical system fails to protect patients
- ◇ Stuff You Missed in History Class – the greatest and strangest stuff you didn't learn in history class
- ◇ Even the Rich – true and shocking stories about high drama inside some of the world's best known family dynasties
- ◇ The Sneak – true crime stories from the world of sports
- ◇ WTF with Marc Maron – interviews with comedians, directors, actors, writers, authors, and regular people from all walks of life
- ◇ How I Built This with Guy Raz – innovators, entrepreneurs, and idealists talk about their companies and ideas
- ◇ Ologies – interviews with professional '-ologists' explore their obsessions, revealing charming and bizarre stories about science
- ◇ Brains On! – a science podcast for kids
- ◇ Stories Podcast – classics, folk tales, myths, and original stories for kids

Food

- ◇ **Hello Fresh** is still shipping food!
- ◇ **Uber** is waiving delivery charges for takeout!
- ◇ Many restaurants are doing take out/delivery! Let's support our local businesses!