

## FREE wellness resources

Due to COVID-19, a number of apps are providing free resources. Some of those include:

- The HeadSpace App has a free resource called [Weathering the Storm](#) that is regularly updated.
- The [Calm](#) app is offering some free meditations that they will be updating regularly.
- [My Possible Self](#) offers free mental health resources.
- Mindfulness app, [Aura](#) is offering three months free by using code "FINDPEACE2020" and no credit card is required to sign up.
- [MyLife](#) is free and suitable for kids too!
- [10% Happier](#) is another app with free and paid options available. It's also a podcast! They are also offering a [free "Coronavirus Sanity Guide"](#) that shares practical, actionable ways of coping with stress, fear and anxiety with podcasts, guided meditations, and more. It is an ongoing resource list that is updated periodically.
- UCLA developed a free [mindful app](#) so you can practice mindfulness meditation anywhere with the guidance of the UCLA Mindful Awareness Research Center. They also have a weekly podcast affiliate.
- Shine, a self-care app for people with anxiety and depression has created a special [toolkit for managing coronavirus-related anxiety](#).
- New York Times illustrator Wendy MacNaughton regularly hosted live art lessons called "[Draw Together](#)". All episodes are 30 mins or less, now on YouTube and completely free. Suitable for the young, for those who are young at heart and/or just want to draw.
- This [Teacher Wellness Blog](#) may be useful to you as you prioritize self-care along with caring for students and loved ones during this time.
- The [CDC](#) has put out a list of tips for managing anxiety and stress related to coronavirus.
- The [National Institute of Health](#) has an emotional wellness toolkit with catalogued resources available for your review/ use.
- Collection for [Podcasts, Meditations, Poems for Wellbeing](#)
- There are also a variety of meditations on YouTube that you can research/use.

While not all mentioned are free, here's [Healthline's best anxiety apps of 2020](#). Check them out and see what works for you!

## FREE workout apps

While popping over to the gym for a quick workout isn't exactly feasible or advised these days, finding time for exercise is as important as ever given that it's a proven way to reduce stress and anxiety, especially with many of us home for extended periods of time.

- [C25K 5K Trainer](#) (couch to 5K) is a free app with an optional playlist subscription at a cost. Ideal for beginners to a cardio routine or if you need motivation to find/ keep a routine.
- [Yoga for Beginners](#) offers a variety of yoga routines.

- [Adidas Training by Runtastic](#) includes 30 free workouts for all levels ranging from 5 - 90 minutes.
- [Core Power Yoga](#) is offering select classes for free on demand.
- Additionally, [Nike Training Club](#), a free workout app, is offering free access to their premium content until further notice.

There may be other free resources not listed here as this is not intended to be an exhaustive list. If you don't intend to pay for a subscription, remember to cancel before charges apply!