



Meditation Resources

Balance: Free for 1 year to help people cope during this stressful time. Balance will ask a few questions and personalize a guided meditation plan 10 days at a time.

<https://balanceapp.com/>

Headspace: Free guided meditations for stress and anxiety. Download the app and go to “Weathering the Storm”

<https://www.headspace.com/covid-19>

Sanvello: Free Premium Membership through COVID-19 to help cope with stress, anxiety and depression during this time.

<https://www.sanvello.com/coronavirus-anxiety-support/>

For Children & Their Families

I AM PRESENT: Helps children practice mindfulness as well as cope with stress, anxiety, bullying and prepares them to learn new things.

https://innerexplorer.org/compass/family_onboarding

Calm: Free section of meditations, sleep stories/meditations, stretching videos and more. There is also a free section of Calm Kids with meditations and sleep stories for kids between 3 and 17.

<https://www.calm.com/blog/take-a-deep-breath>