



### HEADSPACE

Take some time to clear your head through guided meditation from Headspace. **Click here** to gain access to a specially curated collection of meditation and mindfulness content, called Weathering the Storm.



### CALM

Take advantage of sleep stories, meditations, music, and mindful movement through this **free online hub**. Be on the lookout for live-streamed, anxiety-reducing meditation sessions on their app in the coming weeks.



### HEALBRIGHT

This company has compiled a course of tips and tricks to help ease the anxiety, fear, and stress caused by the coronavirus pandemic as a free resource – **click here** to gain access to the content.



### BRAVO AND CLEVELAND CLINIC

Access COVID-19 self-help content on-demand as well as free access to Cleveland Clinic Health Coaches, **click here to get started**.



### COREPOWER YOGA

The famous yoga studio is offering free access to an exclusive collection of online classes through CorePower Yoga on-demand – **click here to get started**.



### WELLBEATS

Needing to sweat it out? Wellbeats is offering free access to 500 + workouts – **click here to sign up** with your work email and you will receive an email with your access code.