

Wellness Resources

Mental health

- <https://insighttimer.com/> (meditation with themes, free)
- <https://www.sacredjourney.earth/pages/online-yoga-meditation> (yoga/meditation, free)
- <https://work.headspace.com/login> (free for healthcare workers, free 2 yr subscription for AMA members)
- https://www.tenpercent.com/coronavirussanityguide?utm_campaign=cv_response_website_banner&utm_medium=website&utm_source=cv_response
- <https://emergency.cdc.gov/coping/responders.asp>

Physical Health - Free subscriptions for at least 2 weeks

- <https://www.onepeloton.com/app> (not just for biking!)
- <https://www.downdogapp.com/> (yoga)
- <https://www.glo.com/> (yoga/pilates/conditioning)
- <https://www.facebook.com/planetfitness/> Planet fitness offering free at home classes
- <https://www.pvolve.com/> (fitness with whatever equipment you have on hand)
- <https://fitonapp.com/posts/> (wide variety of workouts) THIS ONE IS ALWAYS FREE

Emotional Health

- Text SHARE to 741741 to be connected to someone you can talk with
- Substance Abuse and Mental Health Services Administration Disaster Distress hotline: [\(800\) 985-5990](tel:8009855990) or text TalkWithUs to 66746
- Safe Call Now: (206) 459-3020. Staffed by first responders for first responders & family
- National Suicide Prevention Lifeline: [\(800\) 273-8255](tel:8002738255)
- Frontline Helpline: [\(866\) 676-7500](tel:8666767500) for frontline/first responders
- Kristin Brooks Hopeline (800) 442-4673. General mental health hotline
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Entertainment

• **To watch**

- The MET is offering free [live streams](#) of opera every night.
- AMC+ has a [free 30 day trial](#) (AMC, AcornTV, Sundance, etc). Code: Free30
- If real life isn't horror enough, Shudder (horror-movie streaming service) is offering a [30 day free trial](#). Code: SHUTIN.
- [Here](#) are 12 museums offering virtual tours
- Check out the [otter cam](#) from Monterey Aquarium!
- [Cincinnati Zoo and Botanical Gardens](#)
- BroadwayHD.com Stream your favorite Broadway hits with 7 day free trial

• **To play**

- Assassin's Creed Odyssey is offering a [free weekend](#) March 19-22
- Team Alto is allowing [free access to games](#) for the next week
- Epic is allowing [free access](#) to several of its games as well

• **To listen**

- [Audible](#) is now offering 3 free titles with the 30 free trial

• **To learn**

- In all our [spare time](#), you can sign up to take a class at one of these major universities