

Free Mindfulness Resources

- **Ten Percent Happier Coronavirus Sanity Guide**
<https://www.tenpercent.com/coronavirussanityguide>
Meditations, podcasts, blog posts, and talks that provide practical, actionable ways of coping with stress, fear, and anxiety. More resources added as they are created - so keep checking back.
- **Headspace (Plus version is now free for healthcare providers)**
<https://www.headspace.com/health-covid-19>
Meditations for stress, anxiety, focus, sleep, work, and kids. Headspace is offering all US healthcare professionals who work in public health settings free access to Headspace Plus through 2020. If you are a healthcare professional, you can redeem your subscription using your National Provider Identifier (NPI) and email address.
- **Provider Resilience**
https://play.google.com/store/apps/details?id=org.t2.pr&hl=en_US
<https://apps.apple.com/us/app/provider-resilience/id559806962>
Created for healthcare providers to self-assess for secondary trauma, burnout, compassion satisfaction, and overall resilience, and then get tailored stress-busting and compassion satisfaction building tools. Developed by psychologists at the National Center for Telehealth & Technology at the Defense Department.
- **Mindful USC**
<https://mindful.usc.edu/mindful-usc-mobile-app/>
Meditations and grounding exercises of varying lengths (3min - 30min) recorded by experts in mindfulness (e.g., Tara Brach, Jack Kornfield). Includes sections for: 2 minute meditations, Calming difficult emotions, When you're overwhelmed, Getting to sleep. When you start with an emotions check-in, the app offers tailored suggestions with quick links.
- **3 Good Things**
https://play.google.com/store/apps/details?id=co.plumstudio.threegoodthings&hl=en_US
<https://apps.apple.com/gb/app/three-good-things/id1212999482>
Gratitude journal based on research from Duke University that shows the power of simply listing "3 good things" from your day/week in bolstering a resilient mindset.