

COVID-19 Mental Health Resources



Talkspace

During this emergency, when panic and uncertainty seem to increase each day and with each newscycle, Talkspace is providing coronavirus anxiety program free to all users – to calm nerves and improve mental health outcomes – all a part of our mission to broaden access to care and provide safe and effective therapy, anytime, anywhere. For additional information, [click here](#).



Studio Three

Type of Resource: Yoga, live meditation
Pricing: Free
Format: [Instagram Live](#), with workouts at 7:30am and 5:30pm CST (check their Stories for the daily schedule). At 12:30pm CST, you can watch “Lunch Crunch” for live meditation, tips, Q&As, and more)
Length: 45–60 minutes
Equipment: Yoga mat suggested



Calm

Type of Resource: Guided meditations, sleep meditations, calming music, movement exercises
Pricing: Free [blog](#) content, free 7 day trial
Format: [Online](#) and mobile app (available for Apple and Google)
Length: Varies



MNDFL Meditation New York

Type of Resource: Live meditations
Pricing: Free, although donations are accepted
Format: [Instagram Live](#), schedule varies
Length: 5–20 minutes



Headspace

Type of Resource: Guided meditations, sleep, and movement exercises specific to stress related to coronavirus
Pricing: Free for the series “Weathering the storm” when you download the app (more info here). U.S. health professionals working in public health can also get Headspace Plus for free, as can educators in the U.S., U.K., Canada, and Australia.
Format: Podcasts, available on Apple Podcasts, Spotify, or Google Podcasts
Length: Varies



Cleveland Clinic and Bravo

Type of Resource: On Tuesday, March 24, Cleveland Clinic and Bravo are releasing COVID-19 self-help content and free access to Cleveland Clinic Health Coaches.
Pricing: Free [clinical resources](#) will be available to Cleveland Clinic and Bravo clients, as well as the general public and shared through their social media sites
Format: [Online](#) access to downloadable self-help content, as well as Cleveland Clinic Health Coaches who are available to provide additional resources, answer questions and offer guidance about how you and your family can keep healthy habits top of mind.



Lofti

Type of Resource: Guided meditations
Pricing: Free
Format: Podcasts, available on Apple Podcasts, Spotify, or Google Podcasts
Length: 5–20 minutes



Chill Chicago

Type of Resource: Live meditations
Pricing: Free
Format: [Instagram Live](#), at 9am and noon Central Monday through Friday
Length: 5–20 minutes

COVID-19 Physical Fitness Resources



STRONG by Zumba

STRONG by Zumba combines bodyweight, cardio, muscle conditioning and plyometric training synced to music. Several at-home workout options are available on [YouTube](#) with no equipment needed. Options include 7-minute, 20-minute and 30-minute classes.



Cosmic Kids

Cosmic Kids offers yoga lessons working on balance and strength on [YouTube](#). Episodes range between 2 minutes and 1 hour.

RELATED: Here are some [virtual museum tours](#) you can take while cooped up at home.



Planet Fitness Live Stream

Planet Fitness, one of the country's largest chain gyms, is offering free online classes for the next two weeks, starting March 16. The daily workout, which will be 20 minutes and will not require any equipment, will be available on [YouTube](#) and [Facebook](#).



Fitness Blender

[Fitness Blender](#) offers hundreds of free workout videos ranging in difficulty, length, and body focus.



CorePower Yoga

This popular yoga studio is offering free access to a selection of their [online classes](#) while they are closed to help stop the spread of COVID-19. Starting on Thursday, March 19, they will also be hosting live online classes that will be available to members. The series of yoga and meditation classes will be taught by CorePower trainers.



Down Dog

Down Dog maintains five fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout.

Down Dog is making the [apps](#) free until April 1. Students and K-12 teachers have free access until July 1.



YMCA 360

YMCA 360 is an "on-demand" healthy living network. The [YouTube](#) channel offers several 15-minute workout routines.



LES MILLS

This workout class creator is offering free classes on their streaming platform, [LES MILLS on Demand](#) until the coronavirus outbreak is over. The site has 95 video classes for Body Combat, Body Pump, Barre, cardio training, mindfulness and more.



Stretch n' Grow

Stretch and Grow of the Rockies is a kids health and wellness enrichment company that teaches children age-appropriate fitness and yoga routines. Jillian Sterner is the CEO and has started uploading daily "Brain Breaks" on [YouTube](#) that include a 10-minute video of yoga poses, breathing techniques, and exercises.

For a list of additional resources,
[click here.](#)