



Coping with COVID-19: Wellbeing Tips for a New Chapter at Dartmouth

Our 2020-2021 academic year will look and feel a little different from most years in the long history of Dartmouth. Despite the challenges we face as a community, our team at the [Student Wellness Center \(SWC\)](#) is committed to helping you make the most of this time in your life.

Navigating the many transitions that will be a part of your experiences over the next year will likely push you to the limits of your capabilities. And, like all transitions in life, these experiences will also offer opportunities to consider what kind of person you want to become, how you will participate and respond in your communities, and what capacities you need to develop to do so effectively. Our hope is that as you discover your abilities to both care for yourself and look out for others, you will steadily feel more and more empowered to thrive.

This overview will offer ideas for enhancing your abilities to care for yourself and others using our SWC framework for wellbeing. This framework is made up of different pathways and outcomes that can sustain you through adversity and help you maximize the successes and accomplishments of this year. For each pathway, we have included both Dartmouth-specific resources as well as broader readings and practices that can help to bolster your wellbeing. Included are ideas that help cultivate a sense of perspective, facilitate mindful engagement and authentic connection, and culminate in intentional actions you choose to take that can contribute to an overall sense of meaning and purpose in your life.



We encourage you to approach the ideas and practices in this guide with an open mind. As you encounter new concepts and experiment with different practices, pay attention to your thoughts, embodied feelings, and emotions. All of these resources are supported by empirical evidence, but that does not mean each and every one will work well for you. You are a unique individual, and you know yourself as well as anyone. Exploring the distinct ways that you experience wellbeing is a great way to understand and accept yourself more fully, and grow into your ability to be the primary expert in, and decision-maker for your own life. You can trust yourself to know and recognize what you ultimately need to thrive.

Finally, we want you to know that you don't have to do any of this on your own. There are many people at Dartmouth who will meet you with care and have your back, including our team at the SWC. We want you to do well AND be well. Please reach out if there are any ways that we can help to make that happen.

Sending love and support,
[The Student Wellness Center Team](#)



Cultivate Perspective



While we cannot control much of what is happening around us, we always have some agency over how we make sense of and respond to these events. The below practices can help you establish a perspective that supports your wellbeing.

Engage Your Mind and Expand Your Perspective

Cultivating your capacity for perspective can start quite literally by opening up to worldviews and ideas other than your own. In addition to connecting with others, try seeking out sources of information that can expand your mind and open you up to new ways of understanding and thinking critically about the events of our time.

A number of organizations have developed resource guides for both the pandemic as well as the movement for racial justice. For instance, The Greater Good Science Center at UC Berkeley has produced collections of information and research-backed practices for both [wellbeing during the coronavirus outbreak](#) and [anti-racist resources for racial justice](#). On campus, many organizations have also developed collections of resources for both of these important topics. At the SWC, we have the guide you're reading as well as our resource guide for [racial justice and wellbeing](#).

Try using these resources as a jumping off place to explore the many different resources that have been developed to help you become a more engaged and compassionate citizen, able to care for yourself and look out for others in your community.

Write it out: Journaling

The simple act of putting your experiences into words can relieve stress, help you recognize and understand your emotions, increase your self-awareness, and shift your outlook. [This article](#) offers different possibilities to get you started.

[Gratitude journaling](#) is another practice that has been shown to boost mental health and well-being.

[Mood Meter App](#)* can help you enhance your emotional awareness through tracking your feelings and their triggers.

*Email Student.Wellness.Center@Dartmouth.edu to get a digital code for a free download

Reframe your mindset

[The story that you tell yourself](#) about your life has a powerful influence on your beliefs and lived experiences. For instance, your narrative for this term could be one of perseverance through adversity, discovering new depths of resilience, or supporting others in their struggles. You are currently playing a vital part in mitigating the damage of this pandemic. When you practice social distancing, you are saving the lives of friends, neighbors, family, and strangers. Remember that in many ways, remote learning makes you a superhero.

Connect Authentically



Relationships are a profound source of meaning in our lives, and no amount of social distancing can alter that reality. Despite the circumstances, there are a lot of ways to foster connection and belonging right now.

Compassionately communicate your needs with others

Practice [compassionate communication](#) to help strengthen relationships. Try putting yourself in others' shoes before reacting. Be upfront with your [needs](#) and requests, and leave space for others to share the challenges they may be facing too.

Be nurtured by nature

Finding ways to be in [the natural world](#), or even viewing scenes of nature, can improve your mood, boost your creativity, and provide a deep sense of calm & restoration. If you are able to maintain social distancing guidelines outdoors, try getting outside for some movement or explore what's right in your "backyard"; notice what is growing, listen for bird calls, feel the different textures of tree bark. If getting out is not an option, bring nature indoors with these [ideas](#)!

Connect through technology

[Zoom up](#) with friends and colleagues, Facetime with family near and far. If your schedules or time zones don't match up find a "video" pen-pal to send short clips/updates to each other.

Resurrect classic communication methods

Letter writing or telephone calls can help you connect with folks who aren't as technologically savvy. Don't forget about your grandparents or older neighbors who may feel even more cut off and lonely during this time.

Take the opportunity to reach out to past friends or far away family

Think of people you don't typically see in your day to day life or have not connected with in a while and reach out. They may welcome a call out of the blue.

Actively support others in taking care of themselves

Affirm people's choices that enhance their wellbeing and the health of the community. Applaud them for practicing strict social distancing, exchange healthy meal ideas, ask a friend to be a virtual bedtime buddy or an early morning yoga partner and text each other with updates about your healthy practices.

Need more ideas?

Here are some [general tips and tools](#) for communication when living apart from others, [innovative ideas](#) that you can try with family and friends to reinforce your connectedness with each other and for [making your interactions more meaningful](#), even from a distance.

Engage Mindfully



Enabling ourselves to be in the present moment allows our minds to focus on something other than the stress and anxiety that may be dominating our thoughts. Additionally, some moments can transport us into new experiences of connection with something bigger than ourselves. Take notice of the sounds you hear, the sights you see, the sensations your body feels, what you smell & taste, and even taking stock of various emotions you feel.

Experiment with or deepen contemplative practices like meditation, prayer, and mindfulness activities

Mindfulness practices can help us [find calm and nourish resilience](#). Many [free, daily, live guided](#) mindfulness meditation classes are available online and renowned mindfulness teachers like [Tara Brach](#) and [Jack Kornfield](#) are offering lots of resources, ideas, readings, and talks for the public.

On campus, the Student Wellness Center offers a variety of Guided [Audio](#) and [Video](#) Recordings, and also offers different [drop-in sessions](#) where you can practice mindfulness with members of the Dartmouth community.

The Tucker Center has curated an array of spiritual resources for both the [coronavirus](#) and for the [movement toward racial justice](#) including meditations, prayers, poems, music, podcasts, and more.

Many spiritual and faith-based campus groups have created online communities, and offer virtual opportunities for practice, prayer, study and meditation individually or with others in the wider campus circle. Search locally or stay connected to [your faith community at Dartmouth](#).

Yoga for Calm

Consider yoga being more than a physical exercise, but rather a practice to hone your mindfulness skills (the ability to intentionally pay attention with a kind and curious attitude). Along with [soothing anxious thoughts](#), yoga emphasizes present-moment awareness in body, heart, & mind.

Next time you're stretching it out, try bringing kind-hearted attention to the sensations you feel in your body, thoughts coming and going, and any emotions your heart is carrying. Simply notice it all, without needing to fix or change a thing.

Check out [this site](#) for free yoga classes of all kinds and for all levels. Includes meditations and guided relaxations too! Or check out the [yoga offerings](#) from the SWC at Dartmouth throughout the year.

Manage your Stress and Wash your Hands (Mindfully!)

At this point we all know how follow best practices for reducing our stress and [stopping the spread of germs](#). If singing Happy Birthday twice is getting old you could use up 20 seconds by [washing more mindfully](#).

Act Intentionally



With a clearer sense of your needs and desires, you can set intentions for yourself and take actions to start to move toward the outcomes you'd like to realize right now. Here are a couple ways to put your reflections into action!

Set a routine, make a schedule, or abandon one!

If you find the lack of structure unsettling, think of what your ideal day would entail and create a [daily schedule](#) with that in mind. Or consider relaxing your expectations and revel in the freedom to live minute by minute.

Interact with news sources intentionally

Be intentional about the quantity and quality of the information you take in. Hearing about the pandemic repeatedly can be upsetting. Take breaks from social media and watching, reading, or listening to news stories, and use only reputable sites to get updates and stay informed and educated: [Dartmouth COVID-19](#), [CDC](#), [WHO](#), [NIH](#), and State Departments of Health & Human Services (e.g. [New Hampshire DHHS](#)).

Set yourself up for remote learning

While you couldn't control the circumstances that lead to this year of remote learning, there are things you intentionally do to [get the most out of it](#). Whether it's [before](#), [during](#), or after class, there are [practices](#) that may help smooth the transition and deepen the experience for you.

Make time to unwind

Do activities that bring you joy or experiment with new ones! Knit, read for pleasure, create a photobook, learn or play an instrument, write poetry, draw or [color](#). For some people organizing a pesky closet or junk drawer, working on a mini-renovation, or pitching in on chores can relieve stress and contribute to a feeling of productivity. For others unwinding may involve contemplating literature, [poetry](#), [visual art](#), design, or performances that take you out of the present each day.

Take care of your body

This could be a great time to implement some of those #wellnessgoals you may have for yourself: getting enough [sleep](#), eating healthy well-balanced meals, exercising regularly, reducing or cutting out substances like [alcohol](#) or [cannabis](#). You can still check in with your [Dick's House](#) Primary Care providers through their new telehealth options.

Bringing It All Together: Live Meaningfully

This academic year, like any period of time in our lives, will bring many new lived experiences. Some will be challenging and difficult and others may be fulfilling and rewarding. Almost all of these experiences, no matter how tough, will provide us with opportunities to know ourselves more fully, and can help us grow into the people we aspire to be in the world.

Our hope is that as you engage with all of the elements that make up your Dartmouth experience, you'll also make space in your life to connect with your motivations, hopes, and aspirations in a manner that can deepen your sense of meaning.



As you reflect on these parts of your life, you can clarify your sense of purpose by [exploring your values](#) or [identifying your character strengths](#). Applying your results back to the academic, social, and professional commitments you're making can help you align your life with the things that matter most to you.

Want to explore meaning even further? Try these [research-based practices](#) that can help life feel more meaningful. Check out [this talk](#), or [this one](#), [take a quiz](#) to explore your primary source(s) of meaning for you, or [schedule a wellness check-in](#) at the Student Wellness Center to talk about life with one of our staff members! However you choose to engage us, please know we're here for you.



Resources & Works Cited

Introduction/Overview

[Dartmouth Student Wellness Center](#)

[Dartmouth SWC Team](#)

Cultivate Perspective

[Guide to Well-being during the Coronavirus](#) (The Greater Good Science Center at UC Berkeley)

[Anti-Racist Resources](#) (The Greater Good Science Center at UC Berkeley)

[Racial Justice & Wellbeing Guide](#) (Dartmouth SWC)

[How to Begin Journaling for Stress Relief](#) (PsychCentral)

[Gratitude Journal](#) (Greater Good in Action)

[Mood Meter App](#) (Yale Center for Emotional Intelligence)

[Is the World an Exciting or Terrifying Place?](#) (Washington Post)

Connect Authentically

[The Center for Nonviolent Communication](#)

[Learning during COVID-19 for families](#) (Cornell University)

[How does nature impact our wellbeing?](#) and [Bring nature indoors](#) (The University of Minnesota)

[Dartmouth Zoom](#)

[How to prevent loneliness in a time of social distancing](#) (Scientific American)

[Try these smart tips to stay connected to the people you don't see everyday](#) (Thrive Global)

[How to be together apart in the time of coronavirus](#) (The New York Times)

Engage Mindfully

[Find Calm & Nourish Resilience During the COVID Outbreak](#) (Mindful.org)

[Live Meditation Sessions](#) (The Insight Meditation Community of Washington DC)

[Meditation Resources](#) (Tara Brach)

[Pandemic Resources](#) (Jack Kornfield)

[Guided Audio Recordings](#) (Dartmouth SWC)

[Guided Video Recordings](#) (Dartmouth SWC)

[Mindfulness Drop-In Sessions](#) (Dartmouth SWC)

[Coronavirus Spiritual Resources](#) (Tucker Center - Dartmouth College)

[Racial Justice Resources](#) (Tucker Center - Dartmouth College)

[How Yoga Can Help Soothe Anxiety](#) (Kripalu)

[Free Yoga Classes](#) (Do Yoga with Me)

[Coping with stress during the 2019-nCoV outbreak](#) (World Health Organization)

[Stop the Spread of Germs](#) (Centers for Disease Control & Prevention)

[Have You Ever Really Washed Your Hands](#) (Mindful 15 Podcast)

Act Intentionally

[Daily Schedule Template](#) (Dartmouth College)

[Getting the most out of remote learning](#) (Harvard University)

[Learning During COVID-19](#) (Cornell University)

[How to Start a Mandala Practice \(Free Downloadable Coloring Book!\)](#) (Kripalu)

[The Peace of Wild Things](#) (Wendell Berry)

[The Hood Collection of Visual Art](#) (Dartmouth College)

[Refresh Sleep Improvement Program](#) (Dartmouth College)

[eCheckUp to Go \(Alcohol\)](#) (Dartmouth College)

[eCheckUp to Go \(Marijuana\)](#) (Dartmouth College)

[Dartmouth College Health Service](#)

Live Meaningfully

[Six ways to discover and choose your core values](#) (Psychology Today)

[VIA Strengths Survey](#) (VIA Institute on Character)

[Science-Based Practices for a Meaningful Life](#) (The Greater Good Science Center at UC Berkeley)

[TED Talk: There's more to life than being happy](#) (Emily Esfahani Smith)

[TED Talk: Meaning in life, the deep end of flourishing](#) (Michael Steger)

[What's your pillar? quiz](#) (Emily Esfahani Smith)

[Wellness Check-Ins](#) (Dartmouth College SWC)

Dartmouth Remote Resources to support your wellbeing

The Student Wellness Center (SWC)

The [Student Wellness Center](#) offers a diverse array of resources to support your wellbeing. The vast majority are accessible online via our [Virtual Student Wellness Center](#) landing page, which includes links to our Mindfulness and Yoga recordings and drop-in sessions, our [Refresh Sleep Improvement Program](#), [Alcohol & Other Drug Self-Assessments](#) and related [resources and downloads](#), as well as downloadable [Stall Seat Journals](#).

We also offer [Wellness Check-in](#) sessions, where you can speak one on one (via Zoom or phone) with a member of our team who will listen non-judgmentally and help you navigate any transitions you may be facing in a way that feels authentic to you. Learn more about these sessions and schedule a time to meet on the linked page above.

If you'd like information about the SWC delivered directly to your inbox, [sign up for our SWC email list](#), and choose whether you'd prefer weekly or monthly communications from our team. And if you're looking for ways to integrate a little more wellness into your life, [follow the SWC](#) on Instagram, and check out [our SWC blog](#) for thoughts and themes about wellbeing at Dartmouth and beyond!

Academic Skills Center

During Dartmouth's fall term, the Academic Skills Center is here to serve you, whether or not you are on campus. We will be available online during our regular business hours, Monday through Friday: 8:00 AM to 4:30 PM, EST. We will continue to provide remote services including Academic Coaching through Zoom and Tutor Clearinghouse services, primarily Group Tutoring.

For questions please email us at academic.skills.center@dartmouth.edu, tutor.clearinghouse@dartmouth.edu, or call us at 603-646-2014, and we will get back to you during our regular business hours. We look forward to working with you.

If you have any questions, please do not hesitate to reach out to us. You can also check out the list of remote learning tips on [our website](#).

Dartmouth College Health Service

Dartmouth College Health Service is open this fall to support you with your health care needs. We welcome you to schedule an appointment whether you are on-campus or off-campus using our telehealth services. We are also scheduling office visits Monday through Friday. As of September 10, our nursing staff will be here 24/7 to help with questions and advice by phone. Check out [our website](#) for more health information and resources. We look forward to connecting with you this fall.

The Counseling Center

[The Counseling Center](#) remains committed to supporting students' emotional growth and wellbeing. When the College is operating in full or partial remote status, the Counseling Center will conduct appointments by phone or Zoom. We will work with each of you individually to help you continue with services at the Counseling Center or connect to local providers where you are. Triage appointments help determine treatment options, which may include short-term teletherapy, referral to one of our workshops, or a referral to a local provider. If you would like to schedule a phone triage appointment, or have questions about current services, please call our office at 603-646-9442.

Counseling Center Workshops ♦ Fall 2020

Call the Counseling Center for more details, 603-646-9442

- **Anxiety Toolbox:** Learn coping skills for managing anxiety symptoms.
- **Attention Please!:** Learn ways to deal with attentional problems better, or even improve attention.
- **Body Image Zoom Series:** Participants will partake in activities to support body acceptance.
- **Emotion Regulation Station:** Learn skills to boost your ability to manage intense feelings and distressing emotions.
- **Coping with Quarantine:** Students will share experiences and strategies on how to cope with being away from friends, being at home, Zoom fatigue, and other COVID related challenges.
- **From Criticism to Kindness:** This workshop is designed to create greater awareness of self-criticism and teach strategies for responding in a more self-compassionate way in order to reduce the distress one is experiencing.
- **Intuitive Eating Workshop:** Learn the principles of intuitive eating to foster a sustainable and improved relationship with food and body.
- **Thriving in the Woods:** A workshop/discussion series for Dartmouth athletes on all things related to mental health, performance, and wellness.

Center for Professional Development

The Center for Professional Development (CPD) helps all undergrads in learning about and preparing for careers. We support all different backgrounds and career interests. Whether you are curious about sustainability, social impact, the arts, government, healthcare, technology, consulting, or another field, we can help. If you don't know what you want to do, we can help you explore, narrow things down, and identify relevant opportunities.

We provide:

- self-assessment quizzes and tools
- resume and cover letter templates and reviews, plus mock (practice) interviews
- workshops on different careers and related skill development
- employer info sessions, fairs, and 1:1 informational chats
- resources for finding/applying to internships and jobs
- 1:1 appointments with career coaches for all kinds of career-related advice

...all to help you find the best path and succeed in achieving your career goals. To explore our offerings and begin engaging with our office, log into our [DartBoard](#) system and create your profile!

Collis Center & Student Involvement

While you are learning remotely for the fall term and social distancing for the benefit of our larger communities, we want to encourage you to continue meeting (virtually) and staying connected to your organizations. On the [Collis website](#), there are some tips and resources to help you manage your organization remotely and some ideas to help you stay connected. While we know they can't fully replace the in-person interactions we are used to on campus, we hope that these ideas and resources will help you feel connected to your Dartmouth communities.

Our staff remains ready and available to support you with ANYTHING you may need. If you have any questions or would like to set up a phone call or Zoom appointment, please blitz student.involvement@dartmouth.edu or call us at 603-646-3399 and we'll get you connected to the best person to help.

Native American Program

The Native American Program is dedicated to the support of student academic success and well-being through a combination of one-on-one advising, tutoring, and workshops. Visit our [website](#) for a full description of virtual options in each of these categories.

We are committed to providing space and opportunities that support community engagement. Weekly community gatherings are hosted virtually each week in order to connect students with each other and members of the larger Dartmouth community while exploring topics that are central to Native and Indigenous identities. Information about weekly gatherings and other community events is shared each week in the NAP Newsletter.

If you would like to be added to the newsletter email list, send an email to Native.American.Program@dartmouth.edu. The NAP welcomes all members of the Dartmouth community.

New Student Orientation

With the Class of 2024 coming into view, we are focusing our efforts on warmly welcoming our newest students into the Dartmouth community. Our [website](#) is a great resource for information and updates. If you have questions or thoughts in the meantime, please feel free to [email](#) us. We look forward to working with current Dartmouth students and our remarkable colleagues to welcome the Class of 2024.

The Office of Pluralism and Leadership (OPAL)

The [OPAL Deans](#) are available for one-on-one and organization advising, as well as general personal check-ins during the Fall 2020 term. We want to stay in touch with you and hear how we can support your continued success, growth, and development. The [OPAL Program Coordinators](#) are available to meet with student coordinators and committee leaders to brainstorm ways to continue building virtual communities and relationships.-We remain committed to helping you thrive by honoring the need for connection, community, and engagement in times of transition and change.

You can connect with the OPAL team by emailing OPAL@dartmouth.edu, or via our [individual emails](#) to schedule a time to connect via phone or Zoom. Check the [OPAL website](#) for forthcoming information about virtual programs that we will offer during the fall term.

Office of Student Life

The Office of Student Life continues to support and provide inclusive opportunities for leadership, community, and learning. If you have any questions or would like to connect with a staff member, please reach out to one of the [Student Life departments](#): [Collis Center & Student Involvement](#), [Community Standards & Accountability](#), [Dartmouth Broadcasting](#), [Dartmouth Forensic Union](#), [Greek Life](#), [Outdoor Programs](#), [New Student Orientation](#)

If you aren't sure who to contact or are looking to join a community, please email the [Office of Student Life](#) or call us at 603-646-3399 and we'll get you connected to the best person to help. Please be on the lookout for updates and resources from each of these departments as we continue into the Fall Term.

Outdoor Programs Office

Outdoor recreation - even going for a walk - can be important in maintaining physical and emotional health. For those who have returned to the Upper Valley, the Dartmouth Outdoors Guide has [a list of natural areas](#) that are within walking distance of campus; [Trail Finder](#) is also a great way to find local trails. For everyone, we've compiled some [guidelines for recreating outside](#) during the pandemic.

Residential Education

We are here to support you, right where you live! Your House team is working to foster positive, dynamic interaction among students, faculty, staff, and the broader community.

We want to engage you in the life of your house community and give you a sense of continuity in your residential experience. The team that will support you includes your Assistant Directors (live-in professional staff members), a House Professor who lives nearby, four Resident Fellows (grad students), an Administrative Assistant, and of course that important person you've likely already met: your Undergraduate Advisor (UGA).

Your UGA will connect you to all of the opportunities we're creating for you. Also, watch for messages from your house team, and join your house's Facebook page. We look forward to living and learning together!

Title IX Office

The Title IX Office continues to be available to all members of the community while we pursue our work remotely. Supportive measures, including but not limited to no contact orders, academic or workplace adjustments, and referrals to confidential resources remain available. In addition, you may still make an informal report or a formal complaint, discuss resolution options, and receive more information by meeting with a Title IX Coordinator.

Reports can be made directly to the office via [email](#) or phone (603-646-0922) and meetings can be held on Zoom. Dartmouth College remains committed to a safe and welcoming environment, even when that environment is virtual.

The Tucker Center

The [Tucker Center for Spiritual and Ethical Life](#) is an inclusive and affirming resource for all students, faculty and staff of any faith, spiritual, philosophical, seeking, questioning or secular identity.

Tucker staff are here for you in moments of joy, sorrow, and uncertainty. If you are seeking calm, connection and sustenance in relation to COVID-19 or any other life challenges, see the Tucker Center's [Spiritual Care, Practices and Resources](#).

Along with community building and engagement across difference, we provide [virtual confidential and private pastoral counseling](#) in relation to everyday life or times of anxiety and change.

Undergraduate Deans Office

We are here to support you remotely during the Fall Term 2020 term! You can schedule a Zoom or phone appointment with your dean by using your dean's Calendly link, emailing us at Undergraduate.Deans.Office@Dartmouth.edu, or calling our office at 603-646-2243. You can also check out our remote learning tips by visiting our website at <https://students.dartmouth.edu/undergraduate-deans/>.

Our hours of availability remain 8 a.m.-12p.m. and 1:00 p.m. - 4:30 p.m., M-F. Zoom and phone drop-ins continue to be available from 1:00 – 4:00pm, M-F, while classes are in session.

Additional National Resources

Active Minds has created a [special online hub](#) for students to support their mental health during COVID-19.

The National Alliance on Mental Illness has developed a page of [guidelines for individuals with mental health concerns](#) as well as a more comprehensive [guide to resources](#) for support.

The Centers for Disease Control and Prevention (CDC) is a primary hub for current information related to the COVID-19. Among their many resources are sections on [managing anxiety and stress](#) related to the outbreak and [taking care of your emotional health](#) in times of stress or loss.

Meditation & Wellbeing Apps

[Insight Timer](#) A free website and app with a number of free guided meditations varying in lengths, styles, and focuses. It also includes the option to set a custom timer with sounds for your own silent meditation. Developed under the guidance of a Dartmouth alumnus (Jack Kornfield '67) so that's cool!

[Aura](#) A free app with personalized, daily 3-minute meditations and the ability to track your mood.

[Headspace](#) Hundreds of guided meditations & mindfulness exercises on everything from stress to sleep. Offers a free 2-week trial along with subsequent discounted subscriptions for students. Right now, they are also offering a number of modules for free called Weathering the Storm developed specifically for the outbreak.

[Calm](#) A meditation, sleep and relaxation app. The app is free to download and some free content is available, but a paid subscription to Calm Premium unlocks access to Calm's entire content library.

[10% Happier](#) Specifically geared towards newcomers and skeptics, this app includes guided meditations, videos, talks, and sleep content to help build (or boost) a sustainable meditation practice. Free 7-day trial is included before being charged yearly membership dues.