Mindfulness/Meditation/Psychology Resources

10% Happier – free for healthcare workers right now

<https://www.tenpercent.com/coronavirussanityguide>

<https://redeem.tenpercent.com>

Insight Timer – best free meditation app with free guided meditations

*Insight Timer from App store*

Headspace App – free meditatons for only US healthcare workers (for now), free trial

<https://www.headspace.com/health-covid-19?fbclid=IwAR3CifD0obICtact3oPGwqCHfrEJw-i4G4Y6ltgG-3ks8IpnPk3q4WlbDuc>

Youtube talk: How to Cope With Anything

<https://www.youtube.com/watch?feature=youtu.be&v=Rkz7vJOZ2HU&fbclid=IwAR3_oZVK75gYmd0Rm1gDMDSGClZjUyT5-8npP-dY-i13jwqv10xLOYswhvg&app=desktop>

Youtube talks: Dealing with COVID Anxiety – daily updates

<https://www.youtube.com/playlist?list=PL6sRqjtLfiTTni7oXKpSj2cQ9290lkpKH&app=desktop>

Blog: Mananging Stress and Anxiety Related to COVID 19 – EM Ottawa Blog

<https://emottawablog.com/2020/03/managing-stress-and-anxiety-related-to-covid-19/?fbclid=IwAR25yPV2AvGiubMXO_k8FhJW4ZAs4BvITdR6-1u82MvRHIM-lAhGHsQTJqw>

WHO: Psychological First Aid: Guide for Field Workers

<https://www.who.int/mental_health/publications/guide_field_workers/en/?fbclid=IwAR1fvd66JEhXTTlU88f1Kj-MUSbfPHHKci3sbntOHn0wiRIAmKsEsvMUNwU>

Mindfulness for Physicians during COVID-19 (Well Doc Alberta)

<https://bb31a78a-5cf6-4d5b-950e-8d7723740e07.filesusr.com/ugd/021036_d36f9fbb37e14296a38fe4bfd74939ef.pdf?index=true&fbclid=IwAR1zurnP0aAPwxOpCJmdPnDuc_NJuzBg9z98Oe3No00lBoXfQgYCY4X5p3A>

