

Managing Stress During COVID19

Hilton

Through this extremely challenging time, it has never been more important to focus on our immunity and well-being by managing stress, eating well, exercising, sleeping and keeping a positive outlook. Here are some favorite tools to support you:



Courtesy of Jessica Shea, Spa and Fitness Operations

Meditation + Mindfulness Apps



Mindfulness training in short sessions to reduce stress and enhance mental performance: [Work Mindful Free App](#)



Meditations, stories and music for calm and sleep: [Calm Meditation App Free Resources](#)



Over 40k free meditations and music tracks: [Insight Timer Free Meditation App](#)



Weathering the storm: free meditations, sleep and movement exercises curated for the times: [Headspace Meditation App Free Resources](#)

Inspired Social Media

Fill your feed with uplifting news, wellness tips, good vibes and good music!

[@iamwellandgood](#)

[@global_wellness_institute](#)

[@dnice](#)

[Live Streams & Virtual Concerts Schedule \(Updating\)](#)

Digital Fitness / Movement

Many fitness streaming services are offering great ways to workout at home, either completely free or with a free trial. Check out a list [here](#)

At home Workouts & Tips: [The Best At-Home Workouts to Keep You Healthy and Fit](#)

Peloton has a lot more than just cycling: [Peloton App 90 Day free Trial](#)



Glo Yoga Classes: [Glo Yoga & Meditation](#)

Wellness Resources

Article: [Self-Care Tips for Being Stuck At Home During the Coronavirus Pandemic](#)

Article: [Pandemic sleep advice straight from sleep researchers](#)

Article: [8 Wellbeing Leadership Strategies for Responding to COVID-19](#)

Latest Articles on Optimism and Wellbeing during COVID: <https://globalwellnessinstitute.org/positivelywell/news/>