

<https://www.verywellmind.com/tips-to-reduce-stress-3145195>

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/spend-time-in-nature-to-reduce-stress-and-anxiety>

<https://adaa.org/tips>

<https://www.artofliving.org/us-en/online-guided-meditation>

Practice from home with Yoga Studio: Mind & Body

DAILY YOGA

Fitness focused yoga for those who want to gracefully tone up

5 MINUTE YOGA


For those always on the go

FitOn (Android, iOS: Free)

Freeletics (Android, iOS: Free)

Johnson & Johnson Official 7 Minute Workout App (Android, iOS: Free)



30 Day Fitness 
Home workout daily challenge

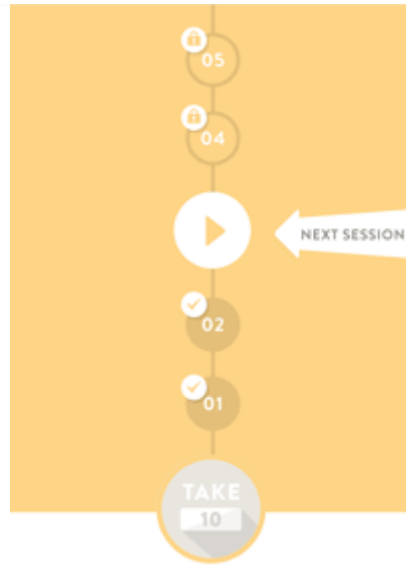
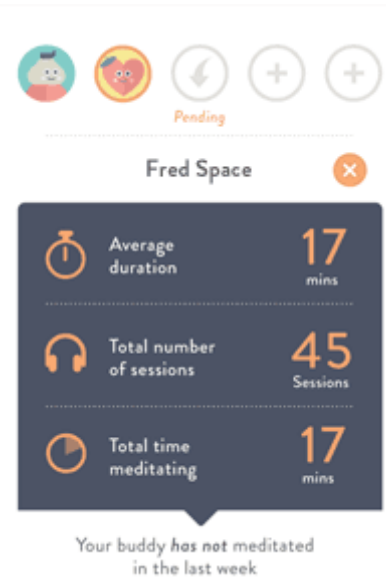
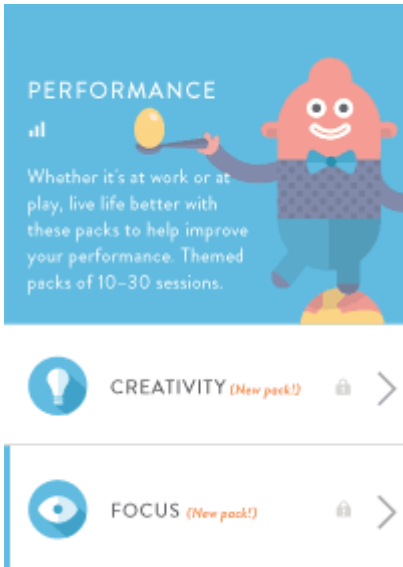


Seven - 7 Minute Workout 

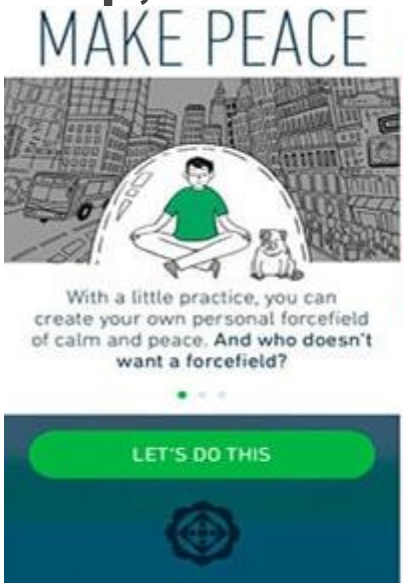
Sanvello for Stress and Anxiety

<https://apps.apple.com/us/app/sanvello-for-stress-anxiety/id922968861>

Headspace



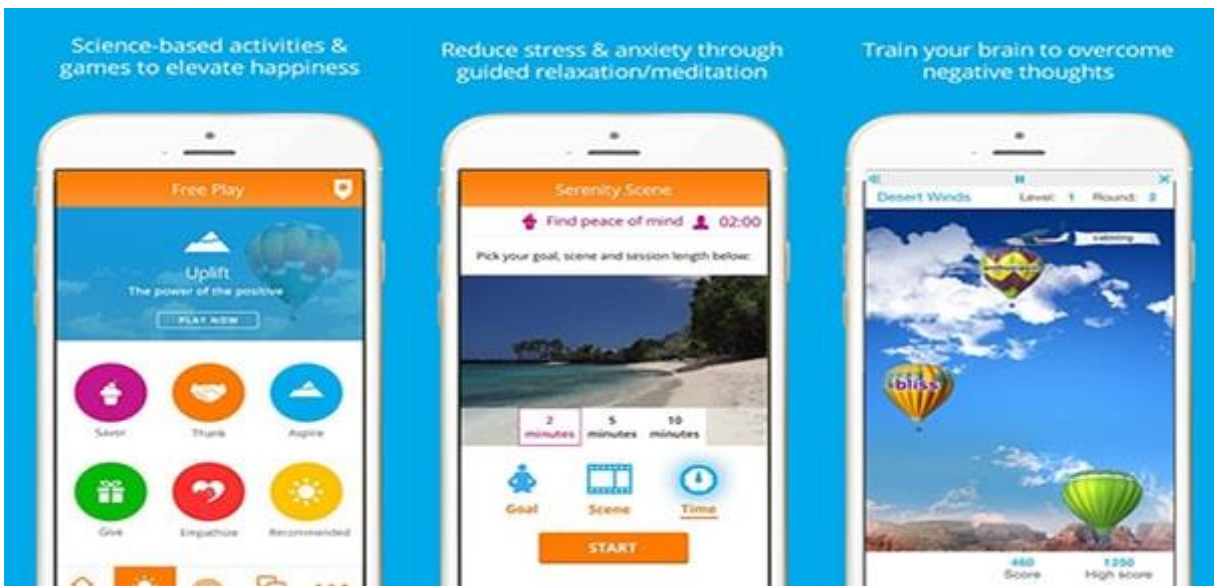
Stop, Breathe & Think



Calm



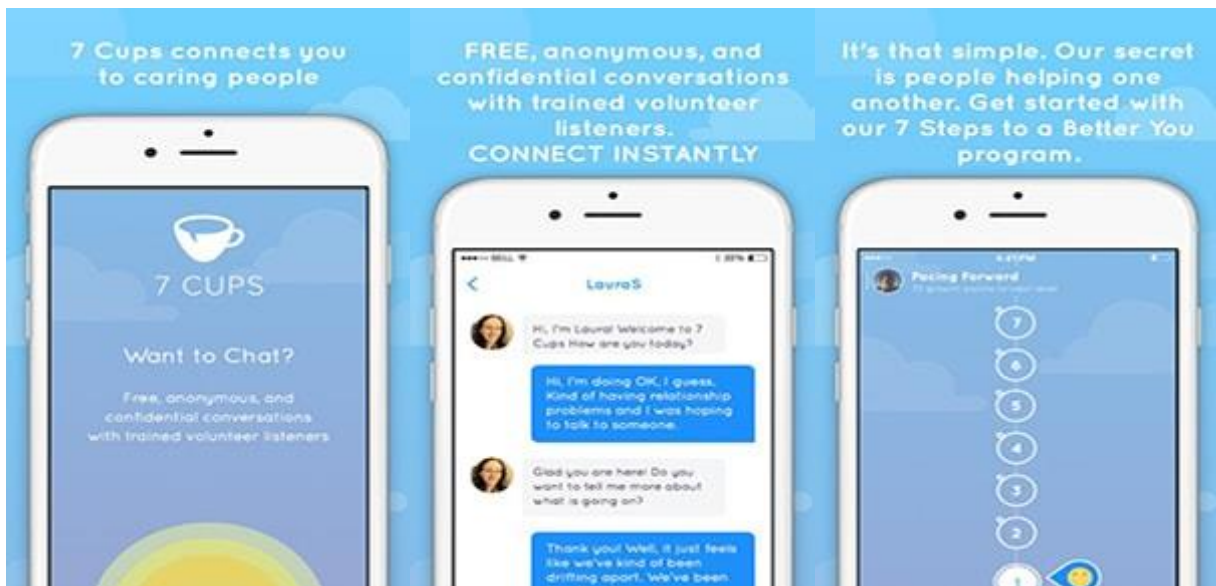
Happify



Self-Help for Anxiety Management



7 Cups



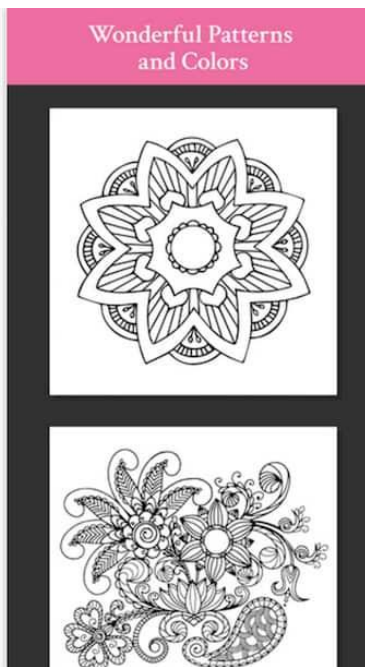
Digipill



COLOR THERAPY



COLOR ME – COLORING BOOK FOR ADULTS



[\(also on Google Play\)](#)