



Stress Management/Mental & Emotional Wellbeing

[Headspace](#) is now offering FREE access to meditation and mindfulness exercise

[CHILL App](#)

[Breathe App](#)

[Daily Yoga App & Website](#)

[Mindful Magazine & Website](#)

[Mental Health & Coping Resources from CDC](#)

Isolation, Social/Physical Distancing & Work From Home Adjustments

[Keeping Your Distance To Stay Safe & How To Avoid Feelings of Isolation](#)

[Tips to Stay Well When Social Distancing & Isolation Are Necessary](#)

[Finding Success While Working Remotely](#)

[13 Tips to Stay Positive & Adjust to Working From Home in Anxious Times](#)

Physical Wellbeing

[Fitness Blender](#) offers FREE membership to all exercise videos – Physical Activity & Mental Health

[7 Minute Workout App](#)

[C25® - Couch to 5K App](#)

[Daily Yoga App & Website](#)

[At Home Exercises, No Equipment Needed](#)

Community Wellbeing - Identify how you can be of service to others

[Second Helpings – support local food banks and children displaced from school meals](#)

[American Red Cross – Local Indiana Blood Donation Centers and Information](#)

[How & Where to help support & donate locally](#)

[Indiana Food Banks](#)

Financial Wellbeing

[Consumer Financial Protection Agency](#)

[Financial Relief Resources During COVID 19](#)

[Dave Ramsey](#)

[Smart Money Moves During Coronavirus & Financial Help with Suze Orman](#)

Nutrition

[Super Cook](#) – Recipes for ingredients you already have in your kitchen

[Fridge Food](#) – Find Recipes for ingredients you have on hand

[Forks Over Knives](#) – Healthy Recipes, Meal Plans and At Home Tips