EXERCISE/MOVEMENT
Mobile Applications:
Barry’s Bootcamp 20-min workouts
FitOn workout classes
LesMills On Demand 100+ workouts
Peloton 30-day trial on classes
Online Sessions:
Yoga with Adriene Yoga sessions
Glo Yoga 15-day trial
305 Fitness Live dance workouts

MINDFULNESS/MEDITATION
Mobile Applications:
Brethe: Meditation and Sleep
Happify Mood-Training Program
Insight Timer Sleep, anxiety & stress
Evermind Science-based wellbeing
Guided Meditations: Ten Percent Happier, Headspace and Calm
Thankful Gratitude journal
Other Resources:
Mindfulness for Wellness 8-session series
Guided Relaxation Exercises from Benson-Henry Institute
Address Your Stress with Recorded Mini-Sessions from EAP

ENTERTAINMENT
Virtual Activities:
Netflix Party Watch with friends
Houseparty Group games online
Boston Public Library Events, resources, courses and more
New England Aquarium Live presentations & activities
Virtual Visits:
Museum of Fine Arts, Boston Exhibitions & tour collections
Isabella Stewart Gardner Museum Explore collections from home
Musée d’Orsay, Paris Go through galleries of famous works
Museum of Science, Boston Daily live streams & tools to keep kids learning from home

NUTRITION
Mobile Applications:
Doordash DashPass for frontline workers
Grubhub Deliveries in your neighborhood
Yummly Recipe and dinner ideas
Frontline Worker Resources from the MA Attorney General’s Office

RESILIENCY SKILLS-BUILDING
Caring for Your Mental Health
5 Ways to Reduce Anxiety
MGH Guide to Mental Health Resources for COVID-19
Resiliency Groups for MGH Providers and Staff
Frigoletto Committee on Physician Well-Being
Center for Physician Well-Being in MGH Department of Medicine

NEED URGENT HELP? – Confidential Counseling
Employee Assistance Program (EAP) Call 1-866-724-4327!
Psychiatry CARES Call 617-724-7150!

OTHER SUPPORT
Mass General Brigham Community Help Helps connect colleagues who are neighbors and can support each other
MGH Spiritual Care Department

1 ON 1 SUPPORT
Office for Well-Being Schedule a consultation with Dr. Darshan H. Mehta, MD, MPH.

All resources listed here are FREE