



FREE

MINDFULNESS & MEDITATION

apps and services

Headspace

Offering free premium to healthcare workers, as well as a new collection called “Weathering the Storm,” curated for NYC, but free for everyone. It includes meditations, sleep and movement exercises.



Ten Percent



Free premium subscription for healthcare workers, website now includes a section for dealing with Covid-19, including “Daily Live Sanity Break” videos. If you are not a healthcare worker, the Basics course is free (which includes guided sessions), along with daily highlights which now include some specific ones for dealing with coronavirus.



Calm

Curated a full page of resources for dealing with COVID which you can find on their website without even having to download the app or sign up. Includes guided meditations, stretching exercises catered toward those working from home, resources for kids, calendars with mindfulness activities, conversations about kindness and creativity, and is available in many languages.

Insight Timer

Always free with over 30k guided meditations. Premium support has a free 30-day trial.



Smiling Mind

Already a free app, but now includes a Covid-19 resource page with simple tips on self-care and grounding in panic. Very kid-friendly (the app was originally designed for children and young adults) so if you have a child in your life check it out.



UCLA Mindful

Always free, research-based approach. Offers basic meditations in English and Spanish and podcasts from the Hammer Museum, now held over Zoom.



Simple Habit

App focuses on five-minute sessions to help everyone develop daily habits with a busy schedule. Copy of online resources for combatting stress/anxiety around coronavirus. Access by creating a free account. Offering free Premium membership to those who lost their income/are financially impacted due to the pandemic, just send them an email.



Sanvello

Digital care delivery platform including mood tracking, assessments, coping tools and peer support. Offering free premium through the COVID crisis with even more tools if your insurance qualifies or school.

Wave Medtation

Music-based app. Recently began partnering with brands, including Y7 Studio, to curate and promote anti-anxiety music and meditation playlists for free.



Balance

Personalized meditation app.
Currently available on iOS only