

Mindfulness and Meditation Resources

ORGANIZATION	CONTACT INFORMATION	DESCRIPTION OF SERVICE
Mindful	mindful.org	From live guided meditations, to a quick course on how to ground yourself, Mindful offers virtual resources to help instill calmness during uncertain times.
University of Toronto	coursera.org	The University of Toronto is offering a free course titled Mind Control: Managing Your Mental Health During Covid-19. This course will help you understand the anxiety reaction as it relates to aspects of our current life and will provide strategies for managing and turning off the anxiety response for short periods of time. Course begins April 17 and offers flexible deadlines.
Mindfulness Studies	mindfulnessstudies.com	The Centre for Mindfulness Studies offers several pay-what-you-can online programs to help you learn about mindfulness in an uncertain world.
Headspace	headspace.com	Headspace is a meditation app that aims to help people lower their stress, focus more, and sleep better. Whether you're a beginner, or an experienced meditator, Headspace has a variety of programming and resources.
Calm	calm.com	This popular sleep, meditation and relaxation app offers resources to help calm and relax you.

<https://www.otip.com/Help-Center/Coronavirus/Mental-Health-COVID>