The Calm App: <https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720>

Headspace: <https://www.theverge.com/platform/amp/2020/3/16/21181773/headspace-free-health-care-provider-public-health>

(They also have a free “Weathering the Storm” feature)

Meditations with Deepak Chopra:

<https://chopracentermeditation.com/experience>