



## CORONAVIRUS SANITY GUIDE

Mindfulness research has proven how effective it is in improving stress management, sleep and daily functioning. That's all great but accessing good practices and implementing them can seem overwhelming. The [Coronavirus Sanity Guide](#) makes it easy for you. All you have to do is stop, sit down and listen. It only takes a few minutes but can tremendously improve your sense of well-being.

### **FREE ACCESS FOR HEALTHCARE WORKERS**

We want to deeply thank and recognize healthcare workers all over the world who are responding to the COVID-19 pandemic. If you are a healthcare worker and are not currently subscribed to Ten Percent Happier, we would like to support you by offering free access to the app - please email [care@tenpercent.com](mailto:care@tenpercent.com) for instructions.