

The Wellness Committee recommends...

The Ten Percent Happier Podcast!

M4 Wellness rep, Alexa Arvidson, [suggests this episode](#) in particular:

“If, during these difficult times, you are cycling through anxiety, depression, anger, and apathy, this conversation between Dan Harris and legendary meditation teacher Sharon Salzberg may elevate your mood. Sharon provides a reframing, a dose of perspective, and practical, science-backed skills. Check out Episode 233 of the Ten Percent Happier with Dan Harris Podcast.”

And, health care workers, including medical students and residents, can **receive 6 months of free subscription** to the Ten Percent Happier app, and learn to meditate from the world’s top mindfulness experts. Go to tenpercent.com/care and fill out the short form to get started.

Additionally, on the tenpercent.com website you can find a free Coronavirus Sanity Guide, designed to help you cope with this moment of uncertainty and anxiety.