

Need help finding moments of calm during your day? Use these free resources to center yourself.

In celebration of our 200th Issue of the [Girls' Night In newsletter](#), we're sharing GNI Spreadsheets — a project with resources created by our team to help you take care and have a little fun as we're all spending more time at home these days. Want more ideas for taking care? Make sure you're subscribed to the [Girls' Night In newsletter here](#) for more tips and recommendations, delivered to your inbox every Friday.

The below doc is created by the GNI Team & community. For more helpful and care-oriented Google docs, take a look at our [GNI Spreadsheets page](#) (only newsletter subscribers will get access to the password.)

Click to subscribe to the weekly Girls' Night In Newsletter for more free resources.

Company	About	Where to find it	What's it's cost?	Notes
Headspace	Check out their videos to add some mindfulness into your day	https://www.youtube.com/channel/UC3JhfsGFPLSLNEROOcdj-GQ	free	
Calm	Tap into their free resources, available now	https://blog.calm.com/take-a-deep-breath	free	
The Glow Club	The Glow Club is a local meditation studio for those who don't meditate, but should. Virtual pop up classes are now available, free of charge.	https://the-glow-club.com/schedule#/schedule/site/1	free	
My Well Minute	An app by NYT Well to help you build wellness habits	https://www.amazon.com/The-New-York-Times-Minute/dp/B084T6XLQG	free	
Ten Percent Happier	Guided quick meditations built to improve your wellbeing	The app	free trial	
Lizzo's Group Meditation	The queen led a 30minute meditation session in lieu of a scheduled in-person performance. Keep an eye out on IG for more to come!	https://www.rollingstone.com/music/music-news/lizzo-guided-meditation-instagram-967671/	free	
Clementine	A free app to help you fall asleep easier at night	https://apps.apple.com/us/app/clementine/id1310736764?ls=1	free	
Free Deepak 21 Day Meditation	Join Deepak Chopra, Oprah, and millions of meditators around the world to find peace of mind in the midst of turmoil, and do your part to help our global community find hope and optimism. (from their website)	https://chopracentermeditation.com/	free	
Peloton app	90 day free trial	App store	free trial	
My beditation!	They happen at 7AM EST Mon to Fri and 9:30 AM EST on the weekends on IG Live. I lead folks in a 10-15 minute meditation.	http://instagram.com/dawnmauricio	free	I lead these from my bed to yours! Folks are invited to come as they are. After the Live feed ends, they live on my IGTV.
Balance	It's similar to headspace and calm with guided meditations, daily reminders, special ones for sleep, stress, mindfulness, etc. Everyday they ask you questions and customize that days meditation too!	https://www.balanceapp.com/	free trial	
Insight timer	An app that has 1000s Of free meditations that you can sort by time and purpose. Also has calming music and bedtime stories available.	Website	free	
Flourish	Daily Instagram Live classes from a local studio	www.instagram.com/flourishmeditation/	free	It's owned by a GNI reader. Thanks for the suggestion, Kimberly!

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