

During this unprecedented time, the Counseling Center staff has compiled a list of FREE apps and podcasts that can be helpful in coping with COVID-19.

If you are currently an enrolled PNW student, feel free to contact the Counseling Center at 219-989-2366 to schedule a *confidential and free personal counseling appointment*. The staff of the Counseling Center are here to provide you with assistance during this difficult time by using a HIPAA compliant telehealth platform.

**COVID Specific Resources**





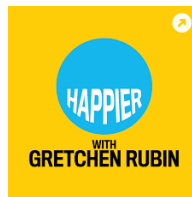
### [Road to Resilience](#)

A podcast is created by Mount Sinai. Listen to episodes on the following dates: March 24<sup>th</sup>, April 1<sup>st</sup>, April 7<sup>th</sup>, April 10<sup>th</sup>, April 14<sup>th</sup>, April 18<sup>th</sup>, April 29<sup>th</sup>, May 9<sup>th</sup>, and June 19<sup>th</sup> to hear how to manage the stressors associated with COVID-19.



### [Building Psychological Strength](#)

April Seifert, Ph.D. and Ashley Smith, Ph.D., two psychologists, have a podcast entitled "*Building Psychological Strength*" through their website called "Peak Mind" where they discuss ways to buffer yourself against the challenges while also increasing success, performance and happiness. There are specific podcast episodes that deal with the current pandemic on the following dates: March 16<sup>th</sup>, March 25<sup>th</sup>, April 1<sup>st</sup>, April 8<sup>th</sup>, April 15<sup>th</sup>, April 22<sup>nd</sup>, April 29<sup>th</sup>, May 20<sup>th</sup>, and August 5<sup>th</sup>.

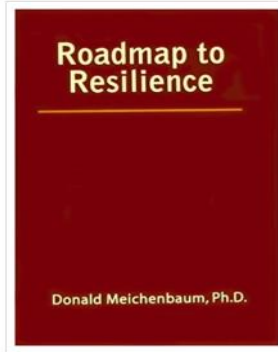


### [Happier with Gretchen Rubin](#)

Gretchen Rubin is a New York Times bestselling author of a number of books including "*The Happiness Project*." She has created a top-ranking, award-winning podcast "*Happier with Gretchen Rubin*," where she discusses happiness and good habits with her sister Elizabeth Craft. There are specific episodes entitled "Great Advice for Graduates" (episode #270, April 22<sup>nd</sup>) along with other episodes related to COVID-19 that aired on April 8<sup>th</sup>, April 15<sup>th</sup>, April 29<sup>th</sup>, May 11<sup>th</sup>, and May 20<sup>th</sup>.

### [F.A.C.E. C.O.V.I.D.](#)

This YouTube video was created by Dr. Russ Harris, the author of "*The Happiness Trap*" provides practical steps for responding effectively to COVID-19.



Donald Meichenbaum, Ph.D. recently wrote a book entitled “*Roadmap to Resilience*” and has released some of the book’s content to assist others in helping them [cope with coronavirus](#), create one’s own [personal resilience plan](#), and has a [user friendly guide of resilient behaviors](#).



[Ten Percent Happier](#) with Dan Harris has specific podcasts that are geared towards coping with COVID-19. There is a specific episode, dated March 13th, that specifically deals with handling coronavirus anxiety. Dr. Luana Marques, an anxiety specialist from Harvard, and Jay Michaelson, a meditation teacher join Dan and discuss the practical tips for handling fear, uncertainty and denial during this pandemic. In addition to March 13th's podcast, there are other podcasts specific to COVID on the following dates: March 18<sup>th</sup>, March 20<sup>th</sup>, March 23<sup>rd</sup>, March 25<sup>th</sup>, March 27<sup>th</sup>, April 1<sup>st</sup>, April 3<sup>rd</sup>, April 6<sup>th</sup>, April 8<sup>th</sup>, April 13<sup>th</sup>, April 15<sup>th</sup>, April 17<sup>th</sup>, April 29<sup>th</sup>, May 4<sup>th</sup>, and May 8<sup>th</sup>).



[Daily Stoic-Ancient Wisdom for Everyday Life](#) provides daily emails to your inbox that help to bring strength, insight and wisdom needed during this extraordinary time. Additionally, the website also has podcasts and videos.

### **FREE Apps**



**Happy Color** (free for [Apple](#) and [Android](#) devices)  
Adult coloring app featuring thousands of images to color by number and share.



**Stop, Breathe, Think** (free for [Apple](#) and [Android](#) devices)

A mindfulness and meditation app that offers daily check-ins to get a gauge on your stress level and how you're feeling physically, and a variety of ambient and guided exercises.



**Sling TV** (free for [Apple](#) and [Android](#) devices)

Sling TV is offering free access to a variety of news and entertainment channels plus thousands of shows and movies for the whole family, with no paid Sling TV account required.



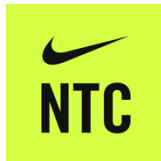
**Down Dog** (free for [Apple](#) and [Android](#) devices)

Makes a handful of popular fitness services including apps for Yoga, HIIT, Barre, and 7 Minute Workout — free.



**Shudder** (free for [Apple](#) and [Android](#) devices)

If you like thriller, suspense, or horror movies, Shudder is offering 30 days of free access to its library for those who use the promo code SHUTIN.

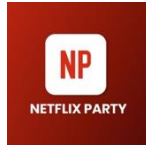


**Nike Training Club** (free for [Apple](#) and [Android](#) devices)

Nike has made all of its Nike Training Club Premium workouts free until further notice.



**C25K** (free for [Apple](#) and [Android](#) devices) is a free app on how to slowly advance from the couch to running a 5K.



**Netflix Party** ([Google Chrome](#) extension)

A Google Chrome extension that allows users to sync their Netflix accounts for free to watch movies and shows simultaneously.



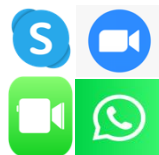
**Smiling Mind** (free for [Apple](#) and [Android](#) devices)

Smiling Mind is built specifically for children and adults seeking to deal with daily stress. The app is based on mindfulness courses that train people to deal with stress



**Adopt-A-Grandparent** ([Volunteer](#) online)

Health experts have warned that people 65 and older are particularly susceptible to develop severe symptoms or die from COVID-19. As a result, many nursing homes have closed its doors to visitors and volunteers. The “Adopt-A-Grandparent” allows people to virtually adopt a senior in a nursing home with the aim of bringing a sense of comfort and creating long-lasting intergenerational friendships.



**Staying Connected** ([Skype](#), [Zoom](#), [WhatsApp](#), [Facetime](#) (Available only for iOS))

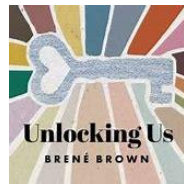
Staying connected with friends and family during this time is important to fight loneliness. These apps are free and simply require an internet connection to chat and video call loved ones.

## FREE Podcasts



### [The Happiness Lab](#)

The Happiness Lab is a podcast with Dr. Laurie Santos who is Professor of Psychology and Head of Silliman College at Yale University. She has some special podcast episodes focusing on COVID-19 that look at loneliness, how to help others and yourself, and how to relationships healthy during this challenging time.



### [Unlocking Us with Brené Brown.](#)

Brené is a New York Times best-selling author and researcher on shame, vulnerability and the human experience. In her new podcast, she explored over and under functioning, anxiety, grief/loss all during this extraordinary time.



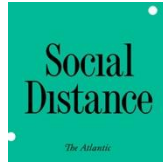
### [The Good Life Project](#)

Inspirational, intimate and disarmingly-unfiltered conversations about fully-engaged, fiercely-connected and meaning-drenched life.



### [The Mindful Kind](#)

The Mindful Kind, hosted by Rachael Kable, shared personal experiences with mindfulness and provides listeners with simple and effective practices to incorporate into their own lives.



### [Social Distance](#)

A podcast by Dr. James Hamblin that focuses in living through a pandemic. He answers questions from listeners and shares practical advice to surviving a pandemic.



### [The Daily Boost](#)

The Daily Boost is a podcast for people who aspire to find clarity, motivation and create a life plan. The Daily Boost provides the motivation needed to clarify your purpose, eliminate confusion and create your pan to become unstoppable!



### [The Way We Live Now](#)

“*The Way We Live Now*” is a new daily show hosted by Dani Shapiro, in which she has a searching, intimate conversation with an assortment of guests from every walk of life and corner of the globe.



### [We Bought a House with Claudia Sulewski and Finneas](#)

Join Claudia Sulewski and Finneas weekly as they unravel the highlights and pitfalls of life and living it together.



### [Here For You](#)

From the hosts of Forever35 comes a daily show to offer comfort and support during this scary and uncertain time. Each weekday morning, we'll fill you in on what's been going on in our socially distant lives, hear what our listeners have been up to, offer advice, and give you something to do, listen to, or watch that will help take your mind off

things — if even for just a few minutes. However long this lasts, we want you to know:  
we're here for you.



### [Quiz Quiz Bang Bang](#)

Quiz Quiz Bang Bang is a weekly pub trivia practice podcast. For three weeks out of the month it is straight questions and answers as read by the hosts Annie and David Flora. Once a month we invite friends to join us for a live game of quiz bang trivia to add the humor, thought processes and fun.

If you are a faculty or staff member, don't hesitate to reach out to a provider in your healthcare network and/or PNW's [Employee Assistance Program](#). Additionally, if you are concerned about a student, please encourage the student to contact the Counseling Center. Also, feel free to also reach out the staff of the Counseling Center if you are concerned about a student.

Finally, feel free to look at the Counseling Center's website for [additional resources and referral information](#).

Be safe and stay healthy,

PNW Counseling Center Staff  
[www.pnw.edu/counseling](http://www.pnw.edu/counseling)  
219-989-2366