



- One of several [articles](#) at Elephant Journal.
- Marianne Williamson is [here](#) for us :-)
- For calm and entertainment, Lizzo offered a 30-minute meditation with flute on Instagram. You can read and see it [here](#).
- If you need a lift, [this](#) Tom Hanks story will make you feel less bad.
- Can't go to the gym and looking for ways to move your body? There are countless youtube videos with great videos like [Kim Robinson's](#) channel for yoga I and many exercise videos at [pop sugar](#).
- Plus, onepeloton has a [90 day free trial](#) for their online content which includes regular workouts, stretching, meditation in addition to spinning (in case you have a bike).