

# E-Care Package

A Dozen Freebies  
We Curated Just for You

Brought to you by Babson College

**WELLNESS AND  
PREVENTION**



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## A Handwritten Greeting Card

Your typed message will be hand written by an artist and sent to the recipient of your choice.



<https://punkpost.com/stories/first-card-free>

## Printable Journal Pages

“Journaling is a wonderful way to practice meaningful self-care and to develop skills related to critical thinking, learning from experience, and self-expression that will serve you for a lifetime.” -Christie Zimmer

[www.christiezimmer.com/printables](http://www.christiezimmer.com/printables)



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## DownDog Fitness Apps

Choose your intensity level, length, target muscle groups, music, and instructor voice!  
Free with your Babson email through July 1st!



[https://www.downdogapp.com/schools/instructions/babson\\_edu](https://www.downdogapp.com/schools/instructions/babson_edu)

## The Art of P.A.U.S.E.

Enjoy recorded meditations or join live with Kimberly Fuller on Facebook or Zoom on Tuesdays and Thursdays at 8am, and Sundays at 10am.

[www.kimfullerphotography.com/art-of-the-pause-meditation-group](http://www.kimfullerphotography.com/art-of-the-pause-meditation-group)

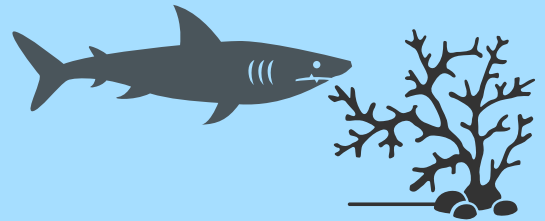


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## Aquarium of the Pacific Livestream

Visit their exhibits virtually through webcams  
Check in with penguins, sharks, the tropical reef, and more!

<https://www.aquariumofpacific.org/exhibits/webcams>



## The Broad From Home

Find inspiration through music, cinematography, poetry, and curator conversations.

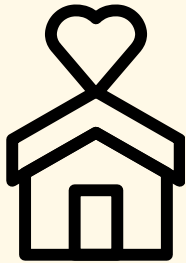
<https://www.thebroad.org/broadfromhome>



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## Stay Home, Take Care

Daily menu of activities, recommendations, and ideas to help you stay in and take care of yourself and others.



<https://www.stayhometakecare.com/>

## Udemy Online Courses

Choose from 1000s of courses to learn new recipes, how to play an instrument, and so much more! Search then filter by free.



[udemy.com](https://www.udemy.com)



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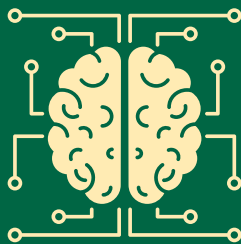
## Explorable Explanations

A hub for learning through play! Created by artists, coders, & educators... and maybe you?

<https://explorabl.es/>

## Luminosity Brain Games

Fun, science-based games that keep your mind sharp and improve focus. Two week free trial or use limited free version.



[www.lumosity.com](http://www.lumosity.com)



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## Wysa App

A chatbot app to relieve stress, reduce anxiety, improve sleep, and provide support.



<https://www.wysa.io/>

## Self-Compassion Quiz

26 questions to find out how self-compassionate you are and exercises to build self-compassion.



<https://self-compassion.org/test-how-self-compassionate-you-are/>



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