

# E-Care Package

A Dozen Freebies  
We Curated Just for You

Brought to you by Babson College

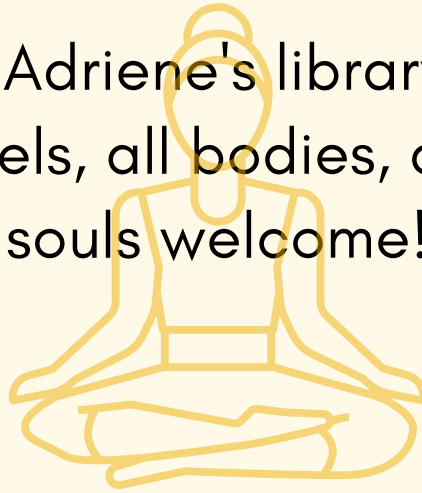
**WELLNESS AND  
PREVENTION**



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## Yoga with Adriene

Choose from Adriene's library of free yoga videos. All levels, all bodies, all genders, all souls welcome!



<https://www.youtube.com/c/yogawithadriene/featured>

## Balance App



Enjoy personalized guided meditations tailored to your mood, goals, experience, and more. Your first year is free!

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

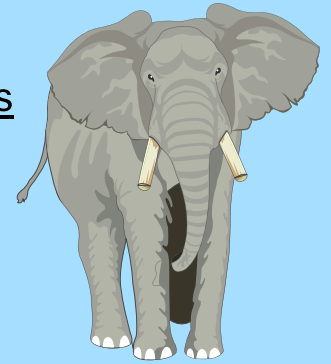
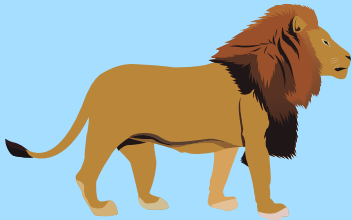


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## National Zoo Livestream

Visit their exhibits virtually through webcams.  
Check in with pandas, elephants, lions and  
naked mole-rats!

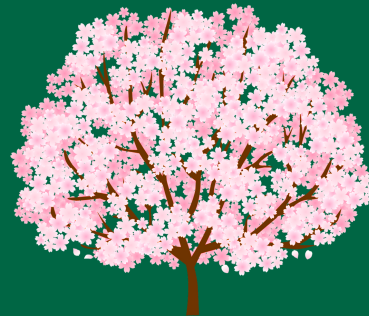
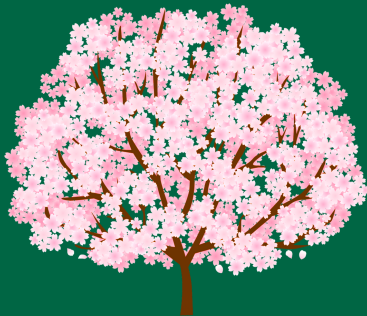
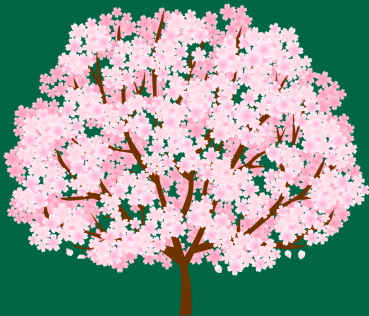
<https://nationalzoo.si.edu/webcams>



## Bloom Cam

Watch the cherry blossoms in their peak  
bloom at the National Mall!

<https://nationalmall.org/bloomcam>



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Unmute the conversation about your mental health. This free therapy matching service is available in the US. Complete the survey or schedule time to meet with a Therabuddy!

<https://www.unmute.today/>

## Cafe Astrology

Read up on astrology concepts, interpretations and utilize free tools. Astrology, natal chart, birth chart, and more!

<https://cafeastrology.com>



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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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## The Science of Wellbeing

Learn about misconceptions about happiness, annoying features of the mind, research that can help us change. As you engage in challenges to increase your own happiness.

<https://www.coursera.org/learn/the-science-of-well-being>

## Learn your Love Language

Take this quiz to discover your love language, what it means, and how you can use it to connect with your friends and loved ones!



<https://www.5lovelanguages.com/quizzes>



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## Enneagram Personality Test

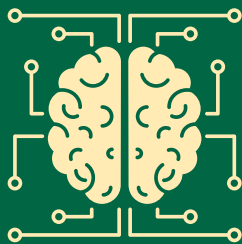
Determine your personality type based off of your core belief on how the world works, what motivates you, and how you react to stress.



<https://www.truity.com/test/enneagram-personality-test>

## 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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