Should I Be Scared Of The Coronavirus? Mindfulness Techniques for Managing Coronavirus Anxiety at Home and Work

What is Coronavirus?
Of all the newsworthy events that have happened so far in the new year, there’s one word that has stayed consistent in the media and is now at the center of a lot of daily coverage - Coronavirus, or COVID-19. While Coronaviruses are actually a large family of viruses that can range from the common cold to more severe diseases, COVID-19 has been getting a lot of attention because it’s a novel virus, meaning it’s a new strain of the Coronavirus family.  

Program Bundle:
Coronavirus Anxiety: Navigate with Mindfulness

Below, you’ll find complimentary content such as applied mindfulness programs created by eM Life and an article that addresses the facts with additional practical mindfulness tips to help keep you and your team informed while navigating the stress surrounding the Coronavirus.