

Maintaining mental and physical health are always important, but can be particularly difficult to manage during this time. Below are two free resources you may find helpful in managing your health and your family's health from home.

To help you stay active, Pepperdine Campus Recreation has developed a [YouTube](#) channel that focuses on at-home workouts. The channel features a growing variety of fitness classes such as yoga, pilates, and total body workouts with new content being uploaded each week. These simple workouts will help decrease your fatigue and provide a much needed break from your desk.

To help with mental resilience, Pepperdine's Counseling Center has purchased a subscription for a new app called Sanvello. This app is free for faculty and staff, and can assist with topics including mindfulness, wellness, and anxiety. You can download the app using the links below, and sign in with your Pepperdine email for access to premium services.

- [iPhone](#)
- [Android](#)

If you have any further questions about Sanvello, please contact the Counseling Center at student.counseling.center@pepperdine.edu.

