**Thank you, essential workers!**

We see you, we’re grateful for you, and we’re here to support you.

You know who you are – the healthcare professionals, grocery-store workers, bankers, communication and transportation personnel, manufacturers, and all others who don’t have the choice to “stay home” through this COVID craziness.

Please know that you’re not alone in this – and use these resources to help you through this weird (and often incredibly difficult) time:

* We’ve teamed up with Healbright to add a new “Mental Wellness Under Quarantine” course to the Academy. Log in and visit the [Academy tab](https://app.sbwell.com/academy) (Mental Wellbeing category) to get started
  + This course is also available for FREE to the public, so feel free to share it with your family and friends who may not have access to Sonic Boom. [Check out the FREE course here](https://healbright.com/p/self-care-under-quarantine)!
* Check out the Challenges-of-the-Day to inspire movement, mindfulness, and morale!
* Join or create a wellness challenge with coworkers. Check out the [Contests page](https://app.sbwell.com/contests) to get started
* Take a look at available [discounts and freebies offered to healthcare workers](https://nurse.org/articles/offers-freebies-discounts-healthcare-workers/)
* [Check out these discounts and freebies](https://www.nbcbayarea.com/news/coronavirus/list-companies-offering-deals-discount-freebies-coronavirus/2256595/), available to anyone
* Reach out to your friends, family, and coworkers to stay connected
* Check out your city or state website – they’re likely offering aid (food, supplies, shelter) to essential workers

[**Log in**](https://app.sbwell.com/) **for more ways to keep your wellness in check!**