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Sometimes we need more than a deep breath to replenish our mental hard drives. This week, we encourage you to give back to yourself and explore some of the many mental health resources available in New York City. You've earned it!

NYC Lifestyle

Embracing Mental Health & Wellness

World Mental Health Day

October 10th is World Mental Health Day, an international awareness campaign launched in 1992. The theme for this year is “Mental Health Care for All” and Howard Center, a non-profit mental health provider, is offering a month-long agenda of [free educational and supportive programming](#).

Mindful Meditation with Headspace

[Headspace](#) is a meditation app available for iOS and Android devices that offers guided meditations, mindful workouts and sleep techniques. The app was co-founded by a former Buddhist monk who guides a majority of the meditations. While built on a foundation of Eastern principals, there is no religious affiliation.

NYC Well

[NYC Well](#) is a free and confidential support, crisis intervention and referral service for anyone seeking resources for mental health and substance misuse. The service is available online, over the phone or via text and offers a [search engine](#) for behavioral health and support services in the five boroughs.

Discover Calm

[Calm](#) is one of the world's most downloaded apps for guided meditation, sleep stories, breathwork, soundscapes, stretching techniques and more. What's more, the company recently ramped up programming for children with A-list narrators including by Pink, Maya Rudolph, Kate Winslet and Anna Kendrick.



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CorePower Yoga

[CorePower Yoga](#) invites you to harness your inner strength, mental awareness and overall balance either in-person or at home. The group operates nine studios across Manhattan and one location in Williamsburg, Brooklyn. There is also a robust calendar of live Zoom classes and video on-demand sessions.

SoJo Spa Club

With six floors of hot tubs, treatment rooms, meditation spaces, an infinity pool, and lounge areas, [SoJo Spa Club](#) is one of the largest Korean wellness centers in the New York City area. The spa is located in Edgewater, New Jersey – but don't let that scare you. It's about 20 minutes from Uptown Manhattan by car or Uber. [Click here for ongoing deals and specials.](#)

Qi Gong

If you're interested in something a little different, try Qi Gong. This ancient Chinese movement and meditation practice is designed to improve body posture, breathing and mental tranquility. Classes for adults and children are available at [Manhattan Shaolin](#) in Little Italy.

AIRE Ancient Baths

Located in the belly of a converted 19th century textile building in TriBeCa is a cavernous Roman bathhouse and spa. Facilities at [AIRE Ancient Baths](#) include six temperature-controlled candlelit pools, a salt water floating pool, treatment rooms, and a cleansing Himalayan Salt experience to clear your senses.