

WELLNESS & SELF-CARE APPS

You can always search for multiple apps to try out as self-care tools. If you don't like one - try another. Here are just a few suggestions to get you started:

Breathe 2 Relax



Calm



Happify



Lumosity



Mindshift



Moodpath



Self-help for Anxiety



Shine



Stop, Breathe, Relax



Think Up: Affirmations



Tide: Sleep, Focus



Youper

