

Calming/Wellness Apps



Calm

- This meditation app helps teach users ways to calm their body and ease their mind. <https://www.calm.com/>



Breathe to Relax

- This app helps the user build breathing skills they can use when they need to relax and calm the mind and body. Go to your app store to download.



Insight Timer

- This free app features guided meditations, music and talks posted by contributing experts. <https://insighttimer.com/>



My Strength

- Get a flexible and comprehensive digital program with proven tools and dedicated support for stress, depression, sleep and more **Build a healthier mind for a stronger you** www.mystrength.com/



MindShift CBT

- **A free self-help anxiety relief app, that helps you reduce worry, stress, and panic by following evidence-based strategies.** You can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax. <https://www.anxietycanada.com/resources/mindshift-cbt/>



Moodfit

- Fitness for your mental health. Tracks your moods and provides articles and audio recordings to help you feel better. Provides customizable tools and insights to help you learn what works for you. <https://www.getmoodfit.com/>



Meditation Oasis, Take a Break

- Free app that helps you quickly recharge. Listen to a 7-minute Work Break or 13-minute Stress Relief recording with or without music or nature sounds. <https://www.meditationoasis.com/apps>