

MENTAL HEALTH MATTERS

WELLNESS APPS



MindShift

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.



Stop Breathe Think

A simple tool to guide you through meditations for mindfulness and compassion. Meditation is essential for sleep, stress, and anxiety reduction.



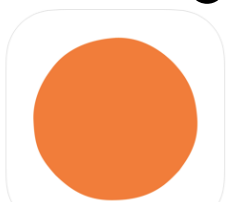
Sleep Cycle

Sleep is essential. Understanding your sleep patterns mean you can wake up feeling refreshed and ready to start your day.



Calm

Soothing audio that focuses on stress reduction and will bring more clarity, joy, and peace of mind into your life anywhere you go. Aids in sleep.



Headspace

Headspace can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.

All apps have FREE features; cost may apply for premium features.