**Self-Care Apps:**

* Relax Melodies – Sleep routine
* Happify – Stress & Worry
* Mindshift – Anxiousness
* Motivation – Daily positive reminders
* Smiling Mind – Balance
* Stop, Breathe, Think
* Shine – calm anxiety and stress reducer: daily affirmation messages
* Headspace – Guided meditation & mindfulness
* Insight Timer – Meditation
* Calm – Meditation & Sleep app
* Pacifica – stress & anxiety
* Breathing Zone

  