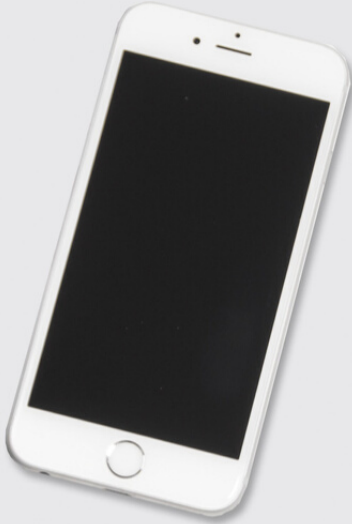




# WELL-BEING APPS



- **Healthy Minds**- training in self-regulation  
<https://tryhealthyminds.org/#program>
- **Down Dog**- yoga app-  
<https://www.downdogapp.com/>
- **ACT Companion**- Acceptance & commitment therapy app with exercises  
<http://www.actcompanion.com/>
- **ReachOut Breathe**- it calculates your heart rate and calms anxiety through breathing  
<https://apps.apple.com/au/app/reachout-breathe/id985891649>
- **ReachOut Worry Time** – to manage worry thoughts  
<https://apps.apple.com/au/app/reachout-worrytime/id964311176>
- **Calm Harm**- to manage self-harm  
<https://calmharm.co.uk/>
- **My Life**  
<https://my.life/>
- **Calm**- meditations  
<https://www.calm.com/blog/take-a-deep-breath>
- **Headspace** - meditations  
<https://www.headspace.com/>
- **Simple Habit**- meditations  
<https://www.simplehabit.com/>

Emma Cebador  
@minds.connect



*I am not sponsored by any of these Apps. These are just my personal suggestions.*