





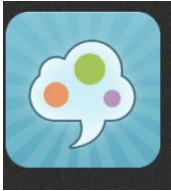







Self-Care & Mindfulness Phone, Tablet, & Computer Apps

Just like taking care of your physical health, your mental health is equally important. Below are some apps that will help you establish a daily mindfulness practice. Meditation, self-awareness, & mindfulness supports and promotes mental health & wellness for all. Many benefits include improvement in overall general health, boosting energy, reducing stress or anxiety, improving sleep, and more.

Establishing a daily practice is a good way to build a mindfulness habit, and before long practicing mindfulness will come naturally. While you may have other tools available to you, studies show meditation is helping many of us get through difficult times and it can help you too. Give your mind a workout and whether you're looking to spend some money or none at all (many apps have a free basic pack), these apps should help you.

		 HEADSPACE® (Free for LA County Residents)
<u>Calm</u>	<u>Happify</u>	<u>Headspace</u>
 Insight Timer		
<u>Insight Timer</u>	<u>Jour- Journal for Mindfulness</u>	<u>MyLife Meditation</u>
		
<u>SAM App for Anxiety</u>	<u>This is Sand</u>	<u>UCLA Mindful App</u>
		
<u>Fabulous - Daily Self Care</u>	<u>Routines - Reach your Goals</u>	<u>Smiling Mind</u>