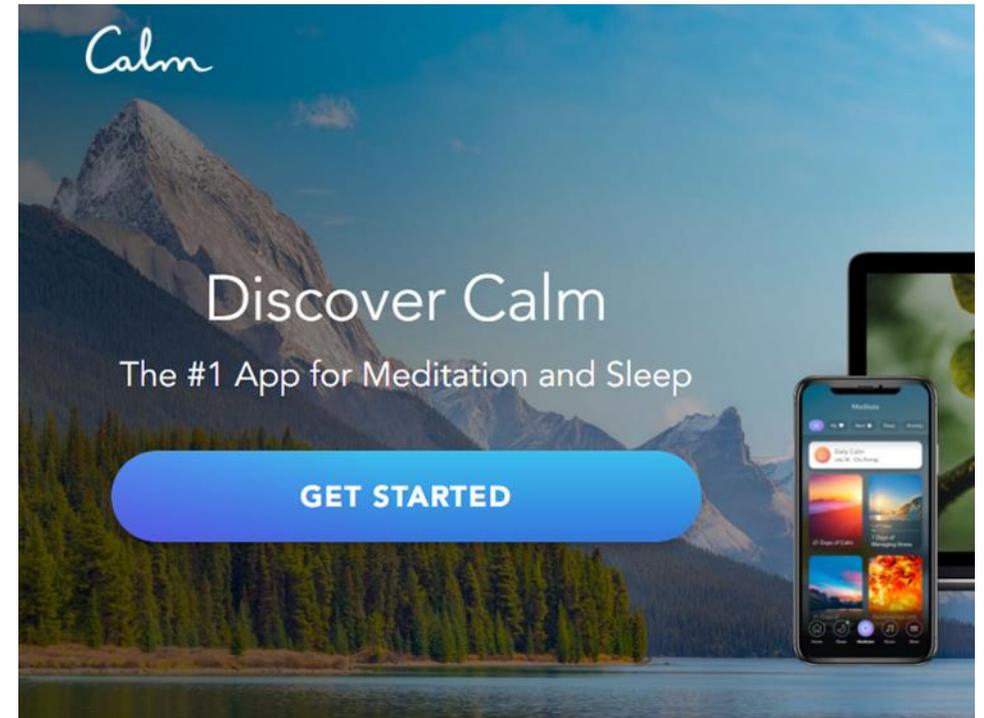


# Self Care Apps

## 1. Calm

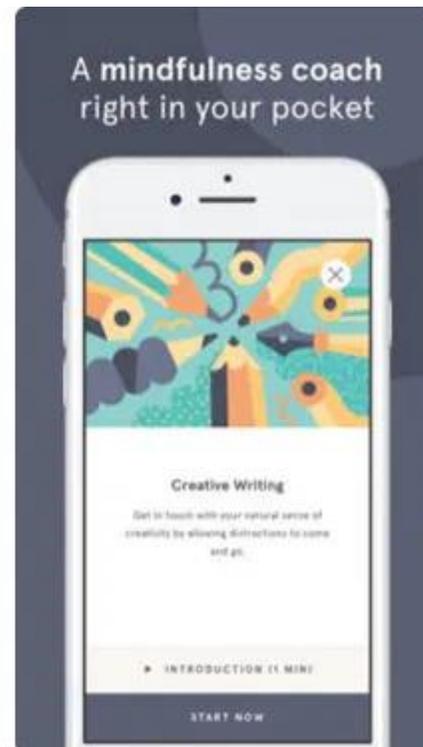
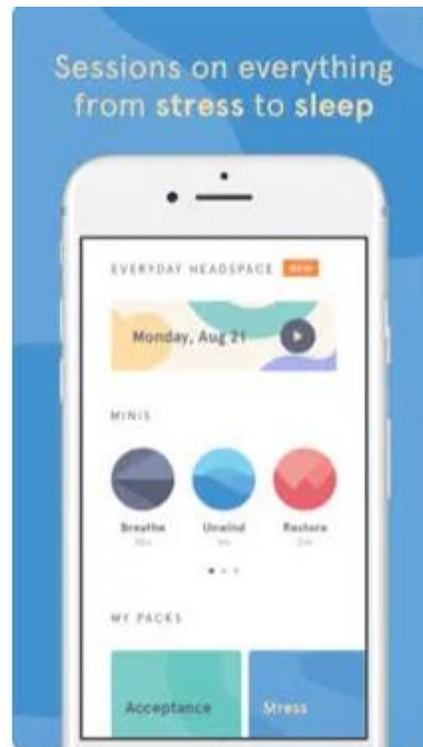
You always hear how beneficial daily meditation is, but it's not always easy getting a firm grasp on the practice. This app makes meditation simple by offering easy-to-follow guided meditations that fit into any schedule, as well as different breathing practices and relaxing music for quick stress relief.

Download: [App Store](#) | [Google Play](#)



## 2. Headspace

Another meditation app, Headspace offers no-frills guidance on mindfulness practices for sleep, focus and more. We're big fans of the 2-3 minute mini meditations that offer a quick mental reset on your busiest days.



Train your mind for a healthier, happier life.

- ✓ Learn the basics for free
- ✓ Backed by science
- ✓ Anytime, anywhere

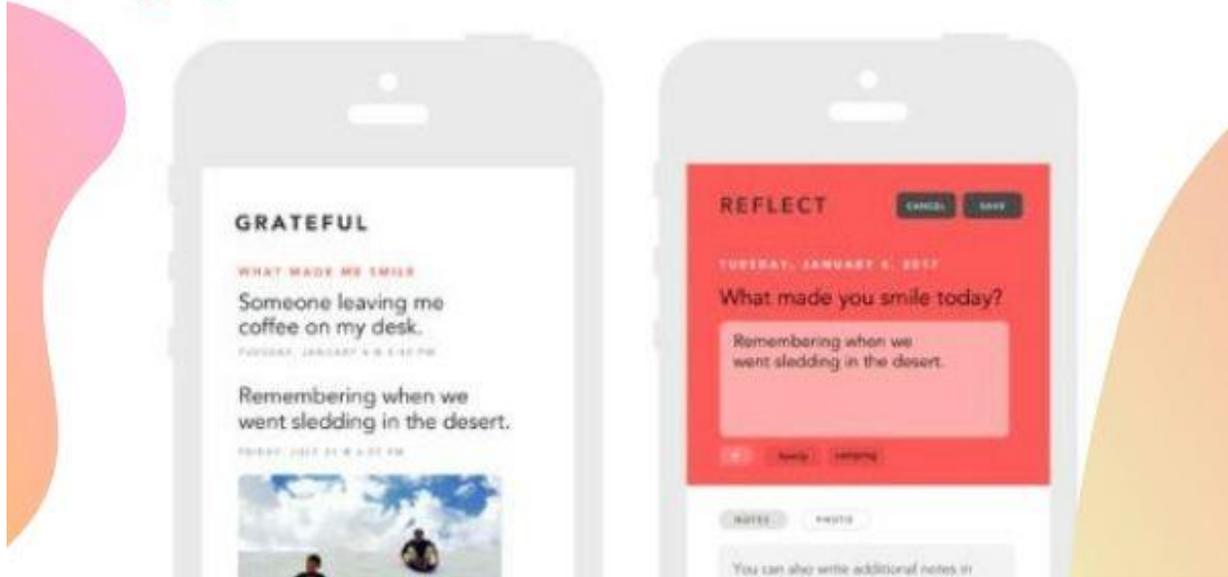


### 3. Strides Habit Tracker

We all *want* to adopt more healthy habits into our daily lives, but sticking to these lifestyle changes is a challenge in itself. From drinking more water to getting enough sleep, this app is like a friendly sidekick that holds you accountable for these positive changes and motivates you to stay on track.



## 4. Grateful: A Gratitude Journal



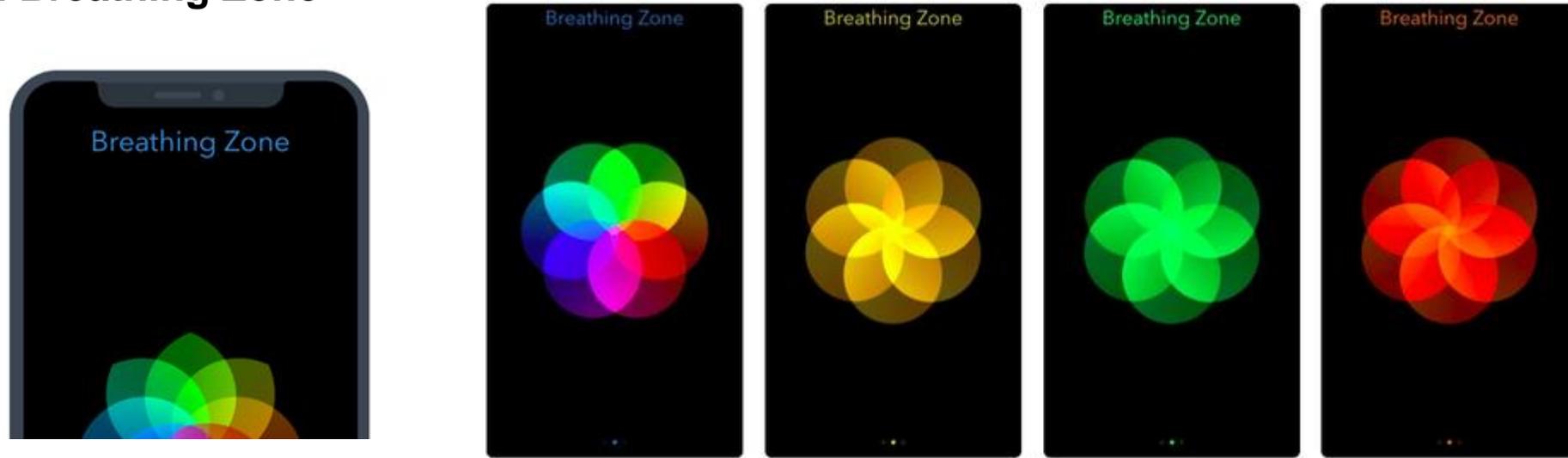
[Grateful](#) is a no-frills approach to gratitude journaling that makes it a go-to for busybodies who want to ease their way into a gratitude practice. There's nothing fancy about the app, but that's also part of its charm.

Grateful has a simple, clean interface that allows users to reflect without distraction. And for those daunted by the thought of a blank page, the app offers to send you daily prompts like “What made today a good day?” or “What made you smile today?” to get your creative juices flowing.

It then collects all of your responses and puts them in a private timeline, which you can customize to sort by date or topic.

This app was created based on research from Harvard Medical School that shows the link between gratitude and improved health and emotions.

## 5. Breathing Zone



The Breathing Zone app is mainly for defusing stress. It's a simple app that helps you slow your breathing rhythm when you need to calm down and relax.

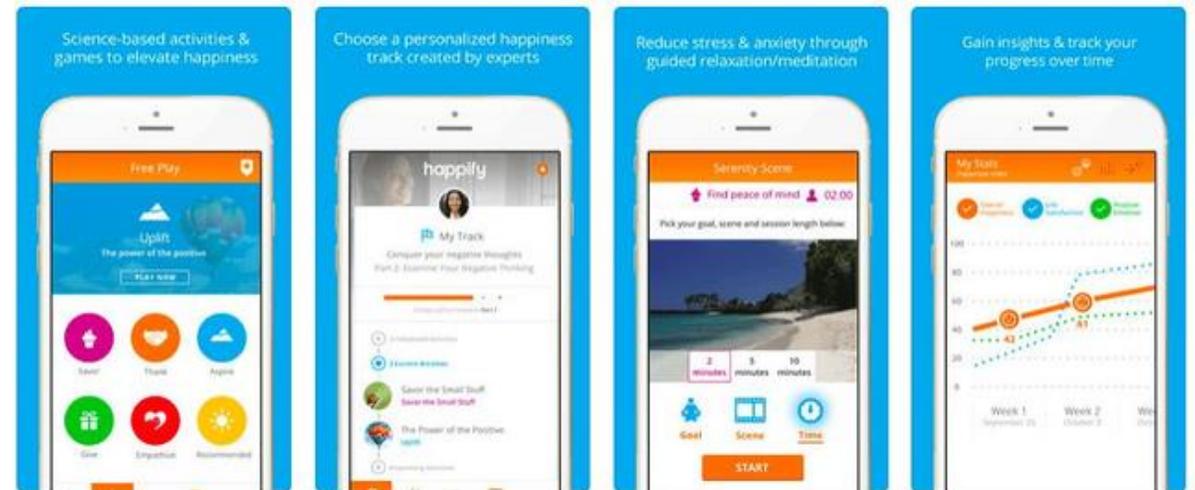
You set the target number of breaths per minute you want to reach (eight is the default) and the app helps to reduce your breathing rate to that number. The app guides you and helps you focus on achieving this goal in five minutes, which helps to reduce any stress and anxiety you're feeling at the moment.

## 6. Happify

The main aim of this app is to make you a little happier. It works by letting you set mental health and well-being goals, like building confidence and reducing stress.

Once you have set these, it gives you quick activities that will help you to reach this goal. It's a small, but useful way to help you become aware of your feelings, and do something to improve them.

You can download it for free on [iTunes](#) and [Google Play](#).





**7. Noisli:** The background noise and colour generator for working and relaxing. High quality ambient sounds to help you focus while working, relieve anxiety, help during your meditation or yoga classes, or just to relax while reading or before going to sleep.

Noisli is mainly used to drown out annoying noises in order to better concentrate and to enhance productivity, or to create a pleasant audio environment for relaxing or sleeping.

Screenshots [iPhone](#) [iPad](#)



You're working from an open office, have loud co workers and can't focus?

You're working or studying from home or in a library and nothing gets you motivated?

Noisli makes your life a little easier and keeps you sane during long office hours or intense study sessions.