



ABOUT THE APPS



SMILING MIND

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An app that offers multiple different **mindfulness meditation programs**. This app can help you deal with pressures, stress, and challenges of daily life. There are also a handful of sessions that can help with sleep.



SEVEN – 7 MINUTE WORKOUT

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An app that has **workout lasting just 7 minutes** using minimal workout equipment. This app is especially helpful if you would like a quick workout to help reduce stress or anxiety. You can also have the app remind you to workout at a specific time of the day.

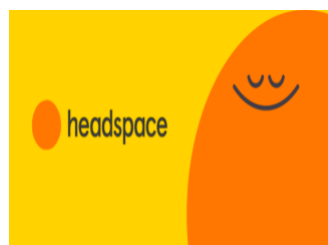


SANVELLO FOR STRESS & ANXIETY

SANVELLO FOR STRESS & ANXIETY

This app is currently offering **FREE** premium access due to the COVID-19 crisis. This app has multiple great features:

- ★ **Daily Mood Tracking:** Swipe the mood tracker to rate how you're feeling, add a note about why, and spot patterns that help you understand influences that impact your mood
- ★ **Guided Journeys:** Expert walks you through techniques like meditation, journaling, and thought reframing
 - ★ **Tools:** Anytime, anywhere menu of coping tools
- ★ **Assessments:** Short weekly quizzes to track your progress
 - ★ **Community:** Ability to join group conversations
- ★ **Apple Health Integration:** health tracking for exercise, sleep, and caffeine



HEADSPACE

HEADSPACE

An app that offers everyday **mindfulness** on everything from managing **stress** and **anxiety** to **sleep, productivity, exercise, physical health**, and **SOS sessions** for when you're on the go.

Currently **FREE** for New York residents

(<https://www.headspace.com/ny>)



