

## Self-Care Resources

### Downloadable Apps:

#### ♥ **Tapping Solution Meditations**

(<https://www.thetappingsolutionapp.com/responder.php>): Free 6 months for healthcare professionals. It uses tapping as a way to ease stress and calm emotions. It also has a curated Coronavirus Stress and Anxiety collection that is free for everyone.

#### ♥ **HEADSPACE** (<https://www.headspace.com>): Meditation app with guided and unguided meditations. It is now offering all U.S. health care professionals who work in public health settings free access to Headspace Plus through 2020.

#### ♥ **CALM** (<https://www.calm.com>): Free meditation and sleep stories.

#### ♥ **Daylio** (<https://daylio.webflow.io>) Free mood tracking device. It reminds you to check in a few times per day and track your mood. It can help you to determine your mood patterns during the day and adjust activities and habits to better meet your needs.

#### ♥ **Down Dog Yoga** (<https://www.downdogapp.com/healthcare>): Free Yoga practices through July 1, 2020.

#### ♥ **Mood Mission** (<http://moodmission.com> ): Mostly Free. It is an evidenced based app to help with mood. It tailors coping skills to your specific mood. It gives you a tailored list of 5 simple, quick, effective, evidence-based missions to improve your mood.

#### ♥ **Happify** (<https://www.happify.com/public/science-behind-happify/>): Some features are free. It is grounded in the fields of positive psychology, mindfulness and cognitive behavioral therapy and uses activities and games to help you control your thoughts and feelings.

#### ♥ **Breathe2relax** (<https://breathe2relax.soft112.com>): Breathing is essential to calming your body's fight or flight response to stress while helping to manage anxiety and stress. Breathe2relax helps you manage and track your breathing.

### Website:

#### ♥ **Stress Remedy** (<https://stressremedy.com/audio/>): 14 free audio relaxation and meditation exercises.