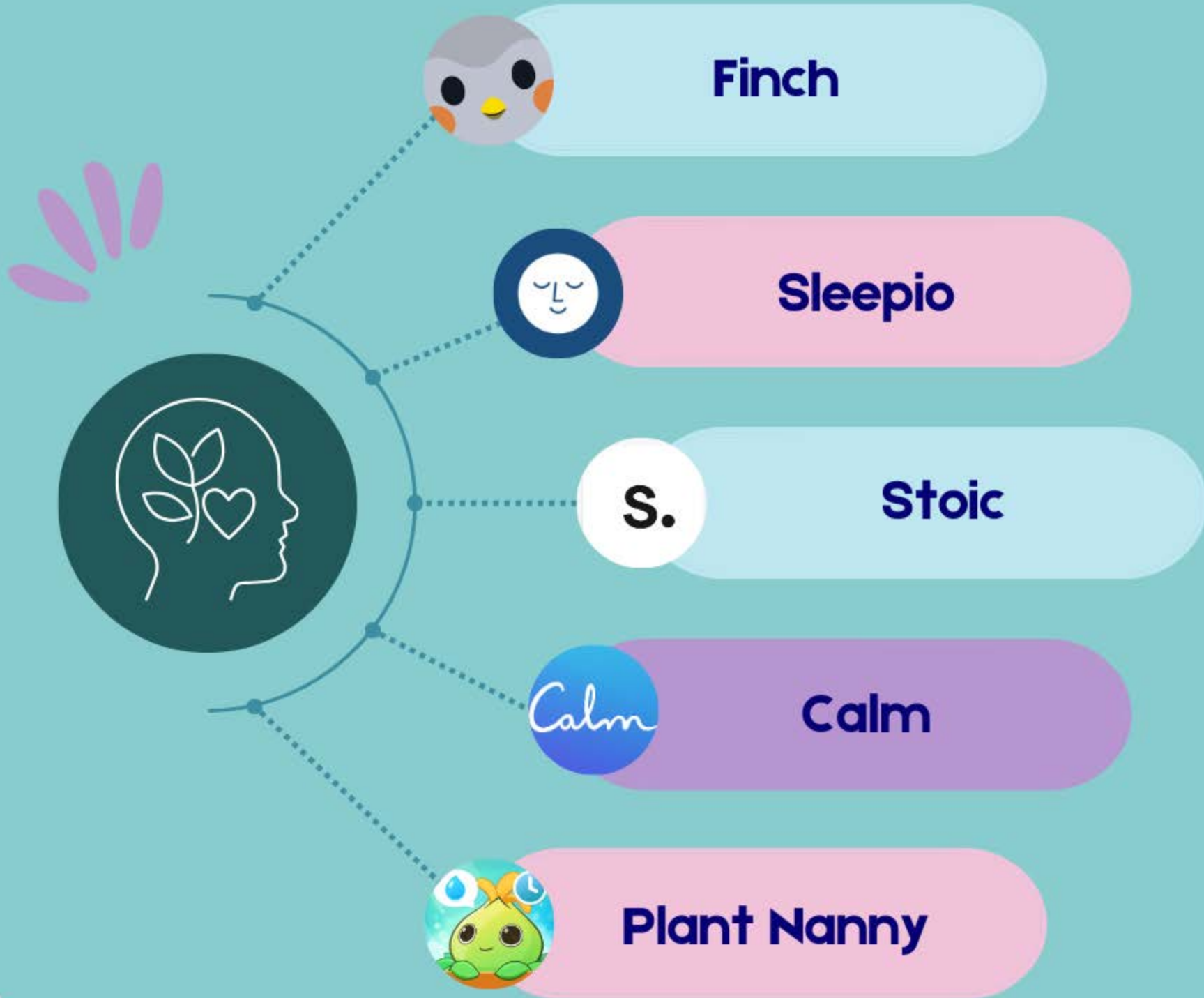


APPS TO SUPPORT YOUR WELLBEING



swipe to learn more ->

#1: FINCH



Grow your bird from baby to adult as you help yourself grow! This app allows you to track all aspects of your wellbeing and goals, in an app that is light hearted and fun.

- Set simple daily goals and earn XP for completing them that helps your bird grow
- Add goals for sleep, exercise, self-care, good deeds, or chores
- Complete more in-depth reflective prompts



#2: SLEEP10



It's no secret that sleep is crucial for our physical and emotional health. Sleepio is research-based, created by sleep experts, and backed by NICE and the NHS (and free for NHS patients!)

- Core programme consists of 6 weekly sessions where you learn customised, CBT-based techniques to improve your sleep
- Target thought cycles that are responsible for poor sleep
- Complete daily sleep diary
- Includes material for helping your children sleep, too!

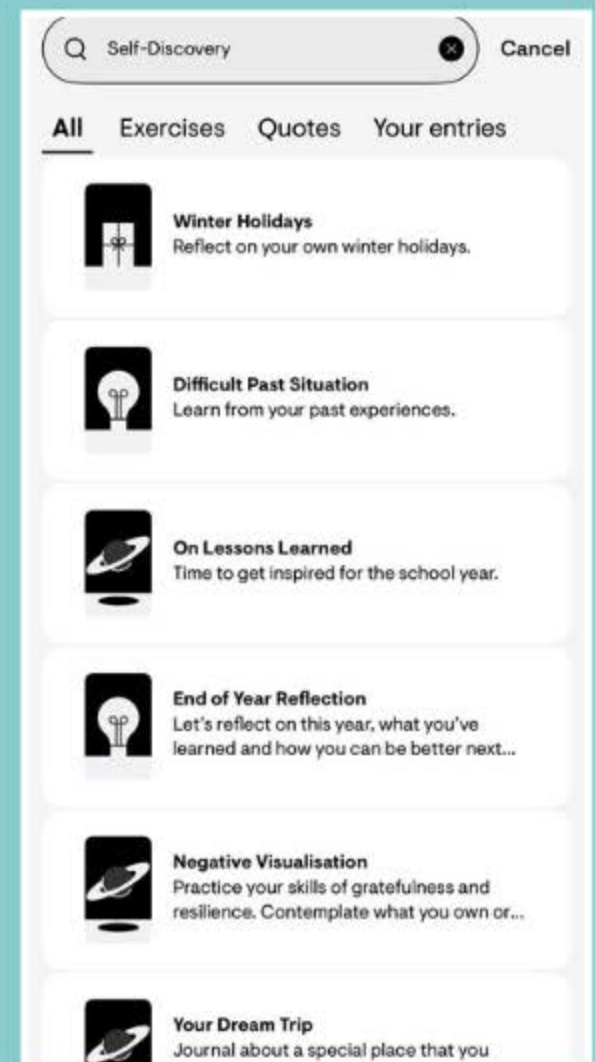


#3: STOIC

S.

Journaling app that offers CBT-style guided prompts based on what areas you want to work on (self-care, relationships, fitness, etc.) and encourages daily reflection.

- Access guided journals, meditations, and other activities
- Daily mood reflection / tracker
- See affirmations and positive quotes
- Students get 50% off the premium subscription

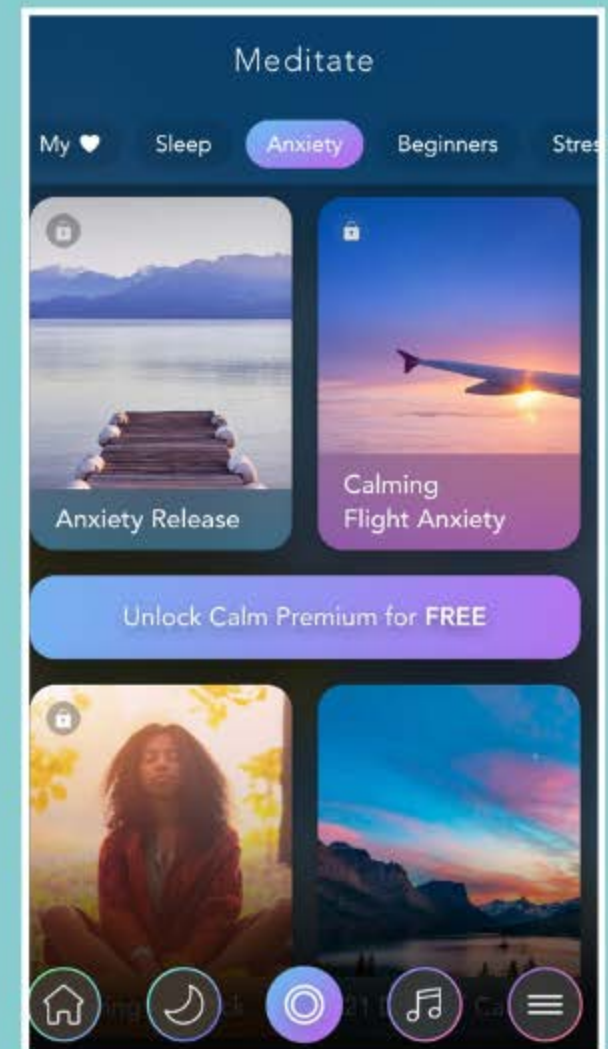


#4: CALM



Guided meditation can be a great way to take a break, relax, and reset. The Calm app has been recommended by many mental health professionals for just that!

- Find guided meditations, some as short as 10 minutes
- See meditations categorised by focus (ex. anxiety, relationships)
- Access 7 day programmes to get you started (ex. managing stress)
- Short guided breathing exercises



#5: PLANT NANNY



Did you know that water plays a major role in our overall wellbeing? Even slight levels of dehydration can have noticeable impacts on our brain function, ability to plan and focus, and mood.

- Find out your ideal water intake
- Easily track your daily water intake
- For each serving of water you drink, you grow your plant a little more!

