

WELLNESS APPS FOR THE TEACHING TRIBE

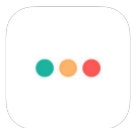
Try these downloads to help you de-stress



1. **Smiling Mind:** Smiling Mind is modern meditation, a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.



2. **Calm:** Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life. Join the millions experiencing less anxiety and better sleep with our guided meditations, breathing programs and Sleep Stories. Recommended by top psychologists and mental health experts to help you de-stress.



3. **Moods:** A simple electronic mood journal that offers a list of emotions for tracking mood, as well as a notes section for adding details.



4. **7 Minute Workout:** YOUR CHALLENGE: 7 minutes for 7 months. Using nothing more than a chair, a wall, and your own body weight, the 7-minute workout is based on scientific studies to provide the maximum benefit of working out regularly in the shortest time possible.

