

Wellness Resources

Apps

- **Mindfulness/Meditation**

- Headspace (discount for students)
- Calm
- Insight Timer
- Guided Mind



- **Sleep**

- Sleep Cycle App
- Calm
- Headspace
- White Noise App



- **Nutrition/Recipes**

- Mealime App
- Allrecipes.com
- Greatest.com
- Tasty
- Yummly



- **Exercise**

- Nike Training Club
- Nike Running Club
- Yoga with Adriene on YouTube
- Charity Miles



- **Stress Management**

- Calendar
- Reminders App helpful to set reminders or words of encouragement throughout the day
- Set a screen time limit for apps you get distracted on
- Sudoku App
- The Mighty
- Daily Quotes App



Wellness Resources

- **Random**

- Duolingo learn a new language
- Kahoot challenge your friends to fun games
- Zoom meetings with friends



- **Books**

- All books by Brené Brown
- *Everybody's Got Something* by Robin Roberts
- *Tattoos on the Heart* by Greg Boyle
- *Barking to the Choir* by Gregg Boyle
- *The Joy of Living* by Yongey Mingyur Rinpoche
- *Big Magic* by Elizabeth Gilbert
- *Life's Great Questions* by Jean Vanier
- *The Power of Meaning* by Emily Esfahani Smith
- *God Never Blinks* by Regina Brett
- *Carry On, Warrior* by Glennon Doyle Melton
- *The Happiness Project* by Gretchen Rubin
- *Small Victories: Spotting Improbable Moments of Grace* by Anne Lamott
- *Reasons to Stay Alive* by Matt Haig



- **Self-Care**

- Baking
- Cooking
- Walks
- Playing with a pet
- Cards
- Board games
- Yoga
- Scrapbooking
- Cleaning/Organizing
- Create a Vision Board
- Call or facetime a friend
- Grow, Glow, and Gratitude Journal → write down one way you grew or stepped outside your comfort zone, one glow or something that made you smile, and one thing you are grateful for
- Play an instrument
- Make a movie list with friends/family
- Painting