**SELF-CARE APPS!**

**SLEEP:**

* YOUR SLEEP KNOWLEDGE: Track your sleep and see where you can improve or gain the feedback about your sleep habits.

 **SLEEP** CYCLE ALARM CLOCK $.99

* SLEEP BETTER RELAXATION: Three different guided meditations of varying lengths to help you relax deeply regardless of time.

 **RELAX & REST GUIDED MEDITATIONS $1.99**

* SOOTHING NOISES: Having calming background noise is helpful in distracting your mind and allowing you to relax completely.

 **RAIN, RAIN SLEEP SOUNDS (FREE)**

**STRESS MANAGEMENT/MEDITATION/RELAXATION:**

* BEING MINDFUL OF THOUGHTS: Meditation and Mindful techniques to train your mind for a healthier, happier, and more enjoyable life.

 **HEADSPACE (FREE)**

* BREATHING EXERCISES: Your breathing has a profound effect on your body; this is guided breathing exercises to help you reduce anxiety and stress.

 **BREATHE2RELAX (FREE)**

* GUIDED IMAGERY: With this app, you can pick a session length, choose to have a guide or not, and even add soothing, natural sounds to the end of your meditation session.

 **SIMPLY BEING $.99**

* MANAGING WORRIES: Have you ever wanted to put all your worries in a box? This app works like a journal, write down your thoughts, anxieties, and worries and helps you work through them.

 **WORRY BOX (FREE)**

* BOOST MOOD/SELF-ESTEEM: Help you break through your anxiety, fears, and worries to a place of calm and confidence. Open your device and select what you want to be right now — calm, motivated, and confident.

**I CAN BE FEARLESS- BY HUMAN PROGRESS (FREE)**