

APP RESOURCES

Superbetter

A motivational app that comprises a series of games and challenges. By using words that relate to gaming, the app aims to get you to build on your strengths and overcome your weaknesses.

Available for iOS & Google Play

Calm

Calm is a leading app for meditation and sleep. Enjoy resources such as guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music.

Available for iOS & Google Play

Forest

Whenever you want to stay focused, plant a tree. Your tree will grow while you focus on your work. Leaving the app halfway will cause your tree to die.

Available for iOS & Google Play

Tactical Breather

Learn to gain control of your heart rate, emotions, concentration and other responses to stress.

Available for iOS & Google Play

Virtual Hope Box

Simple tools to help with coping, relaxation, distraction and positive thinking.

Available for iOS & Google Play

Headspace

Learn to breathe mindfully while tracking your progress and continue on your path of personal growth.

Available for iOS & Google Play

I AM

The I AM app sends you local push notifications in the form of positive messages throughout the day to encourage positive thinking.

Available for iOS & Google Play

Think Up

Think Up's free version allows you to record up to three affirmations and use one default background music. You may change the affirmations and recordings anytime.

Available for iOS & Google Play