

Self-Care Apps for Smartphones*

APP	Description	Operating System and Link
iBreathe	Breathing Exercises and Reminders	iOS jadelizardsoftware.com/ibreathe
Breathe Easy-Paced Breathing By Inquiry Health LLC	Breathing Exercises and Reminders	iOS and Android
Calm App	Award-Winning Evidence-Based Guided meditations, sleep stories, breathing programs, relaxing music	iOS and Android www.calm.com
Headspace App	Award-Winning Evidence-Based Guided meditations, mindfulness and relaxation techniques	iOS and Android Netflix series www.headspace.com
Insight Timer	Free app and website providing guided meditations, yoga classes, yoga nidra, sleep music, and more	iOS, Android, and web users www.insighttimer.com
Shine App	Founded by Woman of Color Meditations including content specific to marginalized groups	iOS and Android www.theshineapp.com
Day One	Journaling Supports photographic entries	iOS and Android https://dayoneapp.com/
Journey	Journaling Supports photos, social media, and written journal entries	iOS and Android PC and Mac availability https://journey.cloud/
Reflectly	AI-infused Guided Journaling	iOS and Android https://www.reflectly.io/
Randomly RemindMe	Personalize reminders to take work breaks, move, drink water, and more	Android https://play.google.com/store/apps/details?id=jamesmorrisstudios.com.randremind&hl=en
StandUp! The Work Break Timer	Schedule reminders for work and activity breaks	iOS https://www.raisedsquare.com/s tandup/

*There is a growing number of apps, websites, books, and tools to guide your self-care practice to suit your needs. This selection does not indicate endorsement and instead is meant to inform you of some of the options available. Please see individual apps for their full list of features and any fees.