_el x tion e s

<u>BellyBio</u> turns your i hone i o   ouch into   highly sensitive   eep bre thing sensor provi ing   re l time objective stress level in ex b se   on your bre thing p ttern   iofee b ck thus becomes more simple   n powerful   not to mention ffor   ble th n ever so you c n now know for sure who s the coolest   u e in the neighborhoo

<u>Insight Timer -</u> he   free pp for sleep   nxiety   n stress with more th n   gui e me it tions le by the best te chers from   n   n the worl

<u>Mindshift</u>   truggling with nxiety? ire of missing out? here re things you c n o to stop nxiety n fe r from controlling your life   in hift is n pp esigne to help teens n young   ults cope with nxiety t c n help you ch nge how you think bout nxiety   ther th n trying to voi   nxiety you c n m ke n import nt shift n f ce it   in hift will help you le rn how to rel x   evelop more helpful w ys of thinking n i entify   ctive steps th t will help you t ke ch rge of your nxiety

<u>Headspace</u>   tress less   leep soun ly   for you whenever you nee   us wherever you re helping you get through tough times n fin joy in every   y hrough science b cke me it tion n min fulness tools   e   sp ce helps you cre te life ch nging h bits to support your mentalhealth you your nt (e7(tlt6b)3m) (p6bx)7o(67)( ) (e]feb (6foo) (n) 3(e}8 (65b5(6b}h7((6pe[j9)0)5 ((6)8}p}(63o g) 6) (yo05

Breathe   offers v rious bre thing exercises so you c n cre te your own custom bre thing p tterns