



Happier: Happier motivates you to stay more present and positive throughout the day. Use it to lift your mood, take a quick meditation pause, or capture and savor the small happy moments that you find in your day.



Insight Timer: With topics ranging from self-compassion, sleep, and stress relief, to moving movements like yoga and walking meditation, this app features over 5,000 guided meditations from over 1,500 teachers. It also includes music, specialized talks, community forums and courses.



meditations.

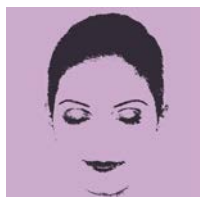
Stop, Breathe & Think: Equipped with practices and exercises, this app reminds you to: **Stop:** What you are doing. Check in with your thinking, and how you're feeling. **Breathe:** Practice Mindful Breathing to create space between your thoughts, emotions and reactions. **Think:** Learn to broaden your perspective and strengthen your levels of calmness by practicing one of the



Headspace: With hundreds of hours of content, and sessions to suit your mood and lifestyle, Headspace is like a personal trainer for your mind. You can even add friends to motivate each other along your mindfulness journey.



Mindshift: This app. guides and supports anyone suffering from anxiety. With mood check-in's, journals, and chill out tools, you can utilize various strategies in order to help control your everyday anxiety, or specific anxiety-inducing situations.



Take a Break: It's important to remind yourself to take mini-breaks throughout the day in order to decrease stress and improve energy levels. This app has a 7 min. work break relaxation, and a 13 minute stress relief meditation that allows you to add music or calming sounds. Perfect for the office when you need to refocus, or at home when you need to wind down.

*All apps are free





Guided Mind: With over 200 guided meditations to choose from, this app allows you to easily and effectively experience meditation for as little or as long as you need to. Topics include: Meditation for Clarity, Confidence, Infinite Breath, Insomnia, Gratitude, and more.



Pacifica: Stress & Anxiety: This easy-to-use app allows you to track, address, and reduce the stress in your life at a gradual day-by-day pace. Based on Cognitive Behavioral Therapy (CBT), relaxation, and wellness, Pacifica is comprised of five core activities; daily mood & health tracker, daily goals, thought diary, and relaxation techniques for reduced stress that will support your goals towards living a more mindful, present life.



The Worry Box: This easy-to-use phone app allows you to write down your thoughts, anxieties, and worries in the worry box to help you think them through. By asking questions, offering meditation and coping statements, and giving specific anxiety-reducing exercises, this app can aid you in focusing on what makes you anxious, and how you can work to decrease stress levels associated with your concerns.



Fluid Monkey: This relaxing app allows you to create images in pools of liquid with the touch of your finger. Explore scenes such as ink in water, mud, and the Milky Way as you add your own touches.



Remindful: A great app to remind you to take a moment out of your day for yourself, this app allows you to set a timeframe in which to receive a random reminder to smile, stretch, breath, and more.

Employee Assistance provides confidential, no cost, short-term counseling, assessment, and referrals for employees and their immediate family members, for any personal and work-related concern. To schedule an in-person or telephone appointment, please call 510-643-7754.

*All apps are free



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