

We know that the **WHOLE** person comes to work every day. We also know that you're balancing a lot at work and at home. In addition to career needs, you have needs in the areas of financial, social/emotional, community, and physical. Here are some apps you might find useful in finding your balance!



SOCIAL/ EMOTIONAL

SOCIAL & EMOTIONAL WELLBEING - Resources to help employees enhance the quality of relationships that employees have in their lives, promote resiliency, work-life balance, and having enough mental energy to get important things done each day.

SOCIAL/EMOTIONAL APPS

- **Joyages** – On demand mental health solution that empowers employees to feel their best and perform at their peak. – www.joyages.com
- **Headspace** – Meditation and mindfulness is made simple. – www.headspace.com
- **Clue** – Learn more about how your period affects your mental health through tracking. www.helloclue.com
- **My Possible Self** – Mental health app that monitors your feelings and recognizes any patterns or triggers in your behavior. – www.mypossibleself.com
- **Sleep Cycle** – Tracks your sleep cycle. – www.sleepcycle.com
- **Lumosity** – Brain games to keep your brain sharp. – www.lumosity.com

SOCIAL/EMOTIONAL PODCASTS

- **Feeling Good with David D Burns MD** – A channel that addresses mental health wellbeing. www.feelinggood.com/list-of-feeling-good-podcasts
- **Happier** – Insights, strategies, stories, and tips that help people understand themselves and create a happier life. – www.gretchenrubin.com/podcasts
- **Motivation to Move Daily Boost** – Help you to stay motivated 24/7. – www.motivationtomove.com/podcasts/daily-boost-motivation-podcast
- **Accidental Creative** – A quick daily tip, idea, or strategy to help you be better at what you do each day. <https://accidentalcreative.com/podcasts/>
- **The Overwhelmed Brain** – Personal growth for critical thinkers. – www.theoverwhelmedbrain.com

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Find the apps in either the Apple App Store or Google Play Store.

