

Apps for Wellness



Evernote: A single place for your notes, ideas, lists and reminders.



Quizlet: use virtual flashcards and quiz yourself.



Done: create healthy routines by helping you set goals, tracking your progress, and then motivating you with streaks/chains



Happify: science-based activities and games to help reduce stress, overcome negative thoughts, and build greater resilience.



Stop Breathe Think: Meditation & mindfulness to help you feel strong, connected and inspired through life's ups and downs



Focus Keeper helps you keep your productivity high avoiding burnout using the timer.