Apps for Wellness

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

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

**Quizlet**: use virtual flashcards and quiz yourself.

**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.

*STUDENT SUCCESS CENTER*