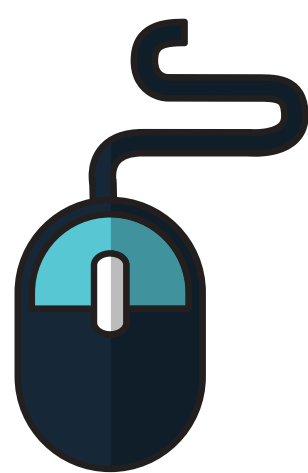


ONLINE WELLBEING RESOURCES



for navigating college life

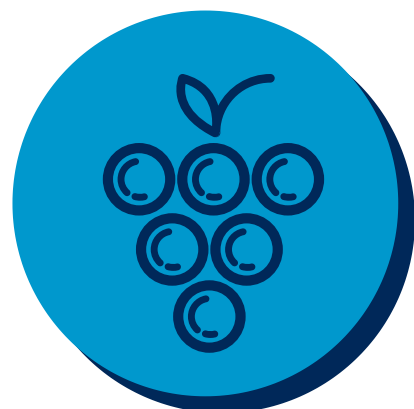
EXERCISE

- Nike Training Club app
- Fitness Blender - YouTube
- Yoga with Adriene - YouTube
- Darebee.com



NUTRITION

- ChooseMyPlate.gov
- DormChef.Weebly.com
- Greatist.com
- Mealime app



SLEEP

- Sleep Cycle app
- SleepFoundation.org
- Calm App
- White Noise app



STRESS

- Headspace app
([headspace.com/studentplan](https://www.headspace.com/studentplan))
- Focus Keeper app
- TAO: Therapy Assistance Online



MISC

- Sparkpeople.com
- Fabulous app (goal setting)
- Mint app (financial)
- @XUWellbeing Account

