Additional Self Care Resources

* Simple Desk Meditation Exercise (from mindful.org): <https://www.mindful.org/meditate-at-your-desk/>
* Article: “Five Minute Coronavirus Stress Resets”: <https://www.nytimes.com/2020/08/06/well/mind/five-minute-coronavirus-stress-resets.html?fbclid=IwAR0AtDFJ1hCGX7ehHfC_lWc1Qokag-DOtmYpAgpmUuZBIBNbbEbh4FaMRzo>
* App: *Headspace* mental health app (2 week free trial; free resources for educators in link below): <https://www.headspace.com/educators>
* App: *Shine: Calm Anxiety & Stress*: (This app has tons of mindfulness exercises, as well as daily emotion check-ins) <https://apps.apple.com/us/app/shine-calm-anxiety-stress/id1293721589>
* App: *The Tapping Solution* (meditation and stress reduction app): <https://www.thetappingsolutionapp.com/?_branch_match_id=819270595585792225> ; <https://apps.apple.com/us/app/the-tapping-solution/id1419815487?ls=1>
* App: *Insight Timer*
* App: *Woebot* (self-care app with daily feelings check-ins & mental health exercises based on cognitive behavioral psychology)*:* [*https://woebothealth.com/the-app/*](https://woebothealth.com/the-app/)
* App: *Calm*