



SELF-CARE: FINCH

A self-care companion that uses a virtual pet to encourage users to engage in daily self-care activities. By completing goals and tasks, users earn points that allow them to care for their virtual bird, customize its appearance, and unlock new adventures.



MEDITATION: INSIGHT TIMER

Guided or solo meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.



COMPREHENSIVE: HEADSPACE

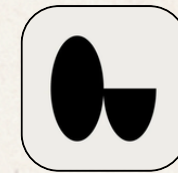
A popular meditation and mindfulness app that offers guided meditations, sleepcasts, and exercises to help users manage stress, improve sleep, and enhance focus. It's designed for both beginners and experienced practitioners, with a wide range of content to support mental well-being. The app also provides access to mental health coaching and resources.

WELLNESS APPS



MOOD TRACKING & JOURNALING: HOW WE FEEL

The How We Feel app is a free mental wellness application designed to help users understand and manage their emotions. It provides tools for tracking moods, identifying emotional patterns, and learning strategies for emotional regulation.



MEDITATE, MOVE, & BREATHE: OPEN

Learn breathwork, meditation, and movement techniques designed by experts in neurobiology anytime, anywhere while tracking your progress. Reported outcomes include reduced cortisol levels, a more regulated nervous-system, decreased stress, greater emotional well-being, and enhanced mental clarity.

