Intentional living with apps

Check out some leading apps* representing each of the Six Dimensions of Wellness. Through the use of these apps, we hope to encourage you to maintain wellness and interpersonal connection while making healthy choices in social distancing.

*listed application does not imply university endorsement.

Social

**Houseparty**
This facetime social network app where you can connect with the people you care about most. The app makes video chat effortless, starting a conversation with your friends as if "in the house" and ready to go, so you can jump right into the conversation. You can play fun group games or watch a movie together.

**Marco Polo**
Marco Polo combines the best of texting, social media and video chat— all in one private, easy to use app. You can drop a video chat and carry on a conversation even when your friend isn’t available at the same time as you.

**Netflix Party**
Netflix Party is a new way to watch Netflix with your friends online. Netflix Party synchronizes video playback and adds group chat to your favorite Netflix Shows.

**Relii2o**
A website and app consisting of a set of tools for playing tabletop role-playing games, also referred to as a virtual tabletop. Social distancing is a great time to get into tabletop gaming with some of your friends.

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**Happify**
Happify uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive.

**Moodnotes and Moodkit**
The Original Cognitive Behavior Therapy Toolkit and the One-of-a-kind Journal to capture your mood and help improve your thinking habits.

**Reflectly**
Reflectly is a journal utilizing artificial intelligence to help you structure and reflect upon your daily thoughts and problems. Your personal mental health companion.

**Smiling Mind**
Smiling Mind is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breath2Relax works by decreasing the body's fight-or-flight stress response.

Stoic

**Mood Journal with philosophy quotes to guide reflection.**

**Calm**
Calm provides people experiencing stress and anxiety with guided meditations and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more. The number 1 free meditation app, plus—there’s an OUHSC Meditation Room where you can meditate in peace.

**Insight timer**
Guides you through a series of deep breaths, and it reminds you to take time to breathe every day. Choose how long you want to breathe, then let the animation and gentle taps help you focus.

**Sleep Cycle**
Tracks your sleep cycles and white noise, 20 built-in alarms, sleep-cycle analysis, detailed monthly and weekly graphs, and an advanced wake-up optimization algorithm.

**Wakeout**
Wakeout exercise for busy people—Exercise in 30-second to 3-minute chunks right where you are. Get started with over 100 free exercises.

Physical

**Tablet Gaming**
Get into tabletop gaming with some of your friends. Tabletop gaming allows you to play role-playing games, also referred to as virtual tabletop. Social distancing is a great time to get into tabletop gaming with some of your friends.

**Amazon Prime**
Amazon Prime offers almost as many videos as YouTube, ranging from 3-minute workouts to full hours.

**CBT Coach**
CBT Coach guides you through the process of learning about sleep, developing positive sleep routines, and improving your sleep environment.

**Sleep Time**
Includes soundscapes and white noise, 20 built-in alarms, sleep-cycle analysis, detailed monthly and weekly graphs, and an advanced wake-up optimization algorithm.

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Spiritual

**Act Companion**
Be present, open up, and do what matters. The acceptance and commitment therapy companion app based on the best-selling book, The Happiness Trap.

**Breathe2Relax**
A portable stress management tool that teaches users a skill called diaphragmatic breathing. Breath2Relax works by decreasing the body's fight-or-flight stress response.

**Calm**
Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.

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