HSC Student Counseling Services
Wellness apps

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.

Emotional

CBT Thought Record Diary
Used to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. It helps with gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.

Coloring Book for Adults
Adult coloring books, apps, and games, are a fun and addictive way to de-stress and get creative!

Daylio
Gives you a variety of videos that portray different moods and allows you to choose the video that best reflects your mood at the moment. Helpful for people who would rather visually select how they feel than try to find the words to describe it.

Happify
How you feel matters! Whether you're feeling sad, anxious, or stressed, Happify brings you effective tools and programs to help you take control of your feelings and thoughts.

iMoodJournal
Tracks users' moods, quality of sleep, medications, energy, symptoms, stress, anxiety, and anything else people want to document.

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.

Moodpath
CBT-based support for depression and anxiety.

Sanvello
Mindfulness meditation, relaxation, mood/health tracking.

What's Up?
Not to be confused with Whatsapp, this app 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.

Occupational

LinkedIn
You have some time—why not update your professional profile and resume or vita on LinkedIn? It's a great resource to have as you move forward in your career and you can connect to other professionals in your field.

Teams, by Microsoft Office 365
OUHSC recently provided access to Microsoft 365, so that means you can utilize the great team project app Teams.

Zoom
Zoom is the leader in modern enterprise video communications, with an easy, reliable cloud platform for video and audio conferencing and chat. You need this for utilizing our weekly webinars and to access telehealth counseling with Student Counseling Services, but it also makes a convenient way of connecting with colleagues and professors.

Social

Houseparty
The face-to-face social network app where you can connect with the people you care about most. The app makes video chat effortless, alerting you when your friends are "in the house" and ready to chat 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 chats - 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.

Roll20
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.

Physical

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

CBT-i Coach
Guides you through the process of learning about sleep, developing positive sleep routines, and improving your sleep environment.

Sleep Cycle
Monitors your sleep patterns and offers detailed statistics and daily sleep graphs. Features an intelligent alarm clock designed to gently wake you up when you're in the lightest sleep phase.

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

Wakeout
Exercise for busy people—Exercise in 30-second to 3-minute chunks right where you're at. Get started with over 300 free exercises.

YouTube
Search YouTube for free workout videos, dance videos, yoga videos, and more.

Zova Fitness and Health Coaching
Get fitter, healthier and happier with personal fitness and health coaching from experts you can trust.

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.

Breathe
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.

Breathe2Relax
A portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax 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.

Headspace
Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.

Insight timer
The number 1 free meditation app, plus—there's an OUHSC Meditation Group you can join and do meditations with other students! This app offers guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more.

Nature Sounds
Peaceful natural sounds to facilitate returning to a calm, relaxed state.

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
Provides a collection of meditations for almost anybody in any situation. Users can take advantage of guided grounding body scans, deep-breathing meditations, and sensory exercises.

Intellectual

Goodreads
This is a great time to catch up on your reading, and Goodreads is the largest community of book-lovers! Make or join an HSC group and venture far away from the confines of your home with a good book!

Libby, by Overdrive
Ever wish you didn't have to venture out to the local public library to pick up and return books? Well, you are in luck. Libby, by OverDrive, gives you access to materials from your public library, all by simply entering your library card information.

Stoic
Mood Journal with philosophy quotes to guide reflection.