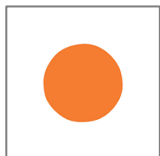


# Self-Care Apps for iOS and Android

## Meditation and Mindfulness

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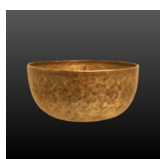
### Headspace

Take10 is a free introductory series



### Calm

Meditation made simple



### Insight Timer

Rated as the top free meditation app

## Sleep

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### Sleep Cycle Alarm Clock

Natural way to wake up feeling rested



### SleepBot Smart Cycle Alarm

Gently wakes you during your lightest sleep

## Inspiration

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### Louise Hay Affirmation Meditation

App from best-selling author Louise Hay



### Five Minute Journal

Simple journaling format built on principles of positive psychology



### Happier

Helps you stay more present and positive throughout the day

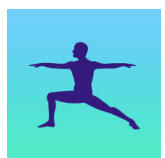
## Fitness/Diet

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### MyFitnessPal

Fast and easy-to-use calorie counter



### 5 Minute Yoga

Quick and easy daily yoga workouts



### Map My Walk

GPS walking and step tracker.  
Also look for Map My Run and Map My Ride