

# APPS & Ideas

10 APPS for Youth to  
download before or after they  
leave:

1. Happify -deep breathing
2. Brain.fm -music
3. Headspace -positive affirmations
4. Pacifica -exercise
5. Worry Watch -distraction
6. Mood Path -build a "calm kit"; fill a pencil bag with things that could relax you
7. Talklife
8. What's Up?
9. SuperBetter -progressive muscle relaxation
10. Talk Space -Imagery  
-meditation/yoga  
-reach out; talk to someone  
-slow down; seek quiet  
-rest



