

MENTAL HEALTH

PRACTICAL APPS FOR EVERYDAY WELL-BEING

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME APPS AND WEBSITES TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.



MINDFULNESS & MEDITATION

- *HEADSPACE:* [WWW.HEADSPACE.COM]
([HTTPS://WWW.HEADSPACE.COM](https://WWW.HEADSPACE.COM))
- *CALM:* [WWW.CALM.COM]
([HTTPS://WWW.CALM.COM](https://WWW.CALM.COM))

2. **MENTAL HEALTH SUPPORT**

- *NAMI:* [1-800-950-NAMI](tel:1-800-950-NAMI) | [WWW.NAMI.ORG]
([HTTPS://WWW.NAMI.ORG](https://WWW.NAMI.ORG))
- *MENTAL HEALTH AMERICA:*
[WWW.MHANATIONAL.ORG]
([HTTPS://WWW.MHANATIONAL.ORG](https://WWW.MHANATIONAL.ORG))

3. **PHYSICAL WELL-BEING**

- *7-MINUTE WORKOUT APP:* AVAILABLE ON IOS & ANDROID
- *FITON:* [WWW.FITONAPP.COM]([HTTPS://WWW.FITONAPP.COM](https://WWW.FITONAPP.COM))

3. **PHYSICAL WELL-BEING**

- *7-MINUTE WORKOUT APP:* AVAILABLE ON IOS & ANDROID
- *FITON:* [WWW.FITONAPP.COM]
([HTTPS://WWW.FITONAPP.COM](https://WWW.FITONAPP.COM))

4. **FINANCIAL WELL-BEING**

- *MINT:* [WWW.MINT.COM]([HTTPS://WWW.MINT.COM](https://WWW.MINT.COM))
- *DAVE RAMSEY'S FPU:*
[WWW.DAVERAMSEY.COM/FPU]
([HTTPS://WWW.DAVERAMSEY.COM/FPU](https://WWW.DAVERAMSEY.COM/FPU))



