



# SHIFT

## Wellness Related Apps

WORKSHEETS BY SHIFT COLLAB

[shiftcollab.com](https://shiftcollab.com) | [@theshiftcollab](https://www.instagram.com/theshiftcollab)

# Wellness Related Apps

## TIME MANAGEMENT APPS

Goblin Tools	Single task tools to reduce overwhelm	<a href="#">CHECK HERE</a>
Focus Friend	Cozy, gamified focus timer created by online educator Hank Green	<a href="#">CHECK HERE</a>
Focus Mate	Body doubling, accountability	<a href="#">CHECK HERE</a>
AnyList	Shopping, cooking, and meal planning	<a href="#">CHECK HERE</a>

## MEDITATION, BREATHING, AND YOGA

Breathly	Free relaxation and breath training app	<a href="#">CHECK HERE</a>
Down Dog	(free for postsecondary students!) Yoga, meditation, HITT	<a href="#">CHECK HERE</a>
Headspace	Meditation and Sleep Aids	<a href="#">CHECK HERE</a>
Calm	Meditation exercises, guided relaxation	<a href="#">CHECK HERE</a>

## OTHER APPS

Mindshift CBT	Strategies for managing anxiety	<a href="#">CHECK HERE</a>
Daylio	Mood tracker and journaling app	<a href="#">CHECK HERE</a>