

# Wellness Apps

Please note: These apps are not affiliated with Academy of Art University, and the ARC does not endorse or guarantee the services offered. These apps are not meant to be used as a substitute for professional in-person or virtual support, but rather as a supplement.

## Stress Management & Mindfulness

*It's helpful to be proactive about recognizing and addressing stress before it starts to feel overwhelming. Check out ARC's list of [Virtual Student Health Resources](#).*



[7 Cups](#): Anonymous emotional support and counseling from trained, active listeners. Free 24/7 chat available either one-on-one or in a group.



[Sanvello](#): Virtual self care, peer support, coaching, and therapy designed by psychologists. Can help reduce stress, anxiety, and depression. See website for insurance and pricing.



[Happify](#): Interactive research-based activities and games that provide tools for increasing happiness and self-esteem. Free abbreviated version or paid subscription.



[Healthy Minds](#): Free meditations and podcast-style lessons to develop skills in focus, stress reduction, and maintaining positive social connections.

## Relaxation & Meditation

*These techniques have been shown to reduce stress levels and improve overall mental health.*



[Headspace](#): Breathe, sleep, and relax. Free 1-10 minute guided meditations or paid subscription. Guided meditations also available through Netflix.



[Calm](#): Relax with nature's images and sounds. Paid subscription for guided meditations, and calming sleep stories read by celebrities with soothing voices.



[Insight Timer](#): Free meditations designed to reduce anxiety and improve sleep quality. Paid subscription for access to full library.

# Wellness Apps Continued

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## Health & Fitness

*Going outdoors or exercising at home can boost your energy and help you relax your body and mind.*



[Yoga for Beginners](#): Rated #1 by Oprah, quick and simple yoga workouts for all fitness levels. Also, check out [Yoga with Adriene](#) on YouTube.



[MyFitnessPal](#): Take control of your fitness goals. Support your healthy lifestyle by logging activities and nutrition.



[Map My Walk](#): Make your daily walks fun by mapping and sharing your favorite routes. Integrates with MyFitnessPal.

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## Nutrition

*A well-balanced diet and staying hydrated can help improve your mood and provide you with energy to get through the day.*



[MyPlate](#): Build healthy eating habits one goal at a time. Pick daily food goals, join challenges, and earn fun badges.



[SideChef](#): Easy, budget-friendly recipes with how-to videos.



[Plant Nanny](#): Keeps track of how much water you drink. Each glass you drink waters your plant in the app so you can thrive together.

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## Social Connection

*Connect with other ArtU students!*

- Join the [AAUHQO](#) group on Facebook
- Join the [AAU Study Hall](#) Discord server
- Find your department on social media
- Connect on Instagram [ArtU News](#), [ARC](#), and [Accessibility Resources](#)
- ArtU Podcast [Creative Mind](#)
- ArtU [Campus Life Clubs](#) & [Fitness](#)
- Follow [ArtU eSports](#) & [Urban Knights](#)
- Check out [ULifeline's](#) wellness tips