

USEFUL APPS



Cronometer

Type in the food that you eat each day and this app will tell you if you're on the right nutritional track!

Getting the right balance of nutrients in your diet while is important for your physical health and cognition.

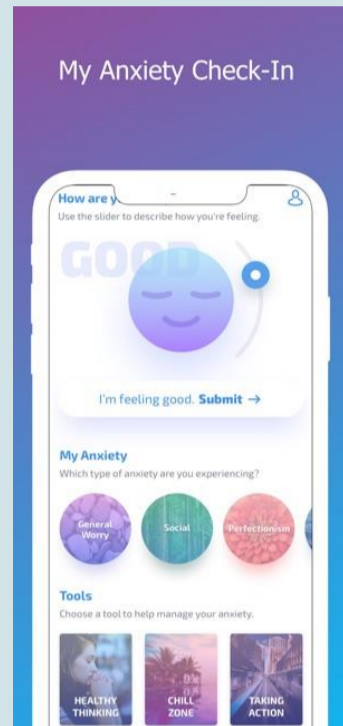
iOS and Android



MindShift

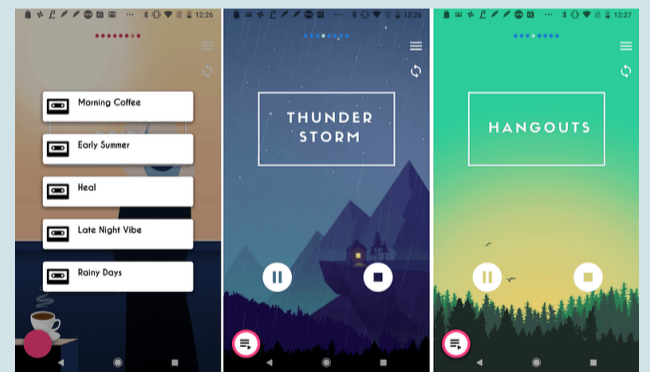
This app uses strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

iOS and Android



Loffee

A carefully selected collection of calming lo-fi music to help you settle into the right frame of mind to study or work at any other task that needs your attention.



Android



HeadSpace

This app teaches you how to breathe, meditate, and live mindfully. There are exercises on everything from managing anxiety to stress relief to breathing, happiness, calm, and focus.



iOS and Android

