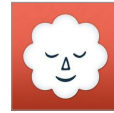




*Headspace*

▶ A series of free introductory mindfulness activities with sessions from 3min+ and tracks progress.



*Breathe*

▶ Free content with short meditations including topics like sleep well, 1min, slay your stress, tame your anxiety, find your focus and tracks your progress.



*Calm*

▶ Free content including sleep stories, sounds & music, managing stress, calming anxiety, 7 days of self-esteem. Tracks progress.



*Insight Timer*

▶ Free meditation, courses and forums. Filter searches based on session length and topic. Tracks progress.



*Money Dashboard*

▶ Free app that helps you save money, budget and make better financial decisions by tracking all your accounts in one place.



*Moneybox*

▶ For £1 a month this app rounds up small everyday purchases to an amount you set putting the excess into a stocks and shares ISA.



*SleepBot*

▶ Includes a night-timer motion tracker, sound recorder to track nightly disturbances and alarm that wakes you up at the best time during light sleep.



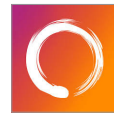
*FoodSwitch*

▶ Scan the barcode to see what's hidden in your food and what healthier alternatives of similar products are available.



*MyFitnessPal*

▶ The free version enables you to log food, exercise and manage calories.



*Mindbody*

▶ Directory for health body and mind-related activities such as yoga, pilates, and massage.



*C25K-5K Running Trainer*

▶ Step by step programme to go from couch potato to running 5k over 8 weeks.



*Pocket Yoga*

▶ 27 different yoga activities with flexibility to pause and take at your own pace.



*Asana Rebel*

▶ Yoga with free sessions from 3min + covering things like core, fat burn, relax, energy boost & tracks progress.



*iPhone and Android Apps*

▶ iPhone and Android come with their own free health apps that track steps, sleep, food and link to other apps such as mindfulness and yoga.



*Helpfulpeeps*

▶ Linking up communities. Their ethos is ask for help when you need and help others when you can.



*Hoop*

▶ An easy way to find out what's on for kids aged 0-11 in your area including activities that are totally free.



*Simple Habit*

▶ Simple Habit is #1 app for your wellness & sleep recommended by top psychologists, therapists and mental health experts.

Quilter