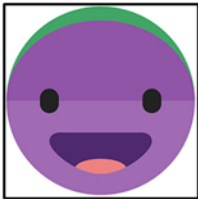




Keep Calm: There's an App for That!

As Georgia's public safety net for behavioral health, DBHDD highly values and appreciates the work being done by colleagues at our sister agency, the Department of Public Health (DPH), during the current COVID-19 response. Below are some wellness apps (most are FREE) that you can use on the go, on a smartphone or tablet, to take care of yourself while you are working hard to take care of others. Most apps can be downloaded for either Android or iPhone. **#selfcare #healthyheroes**



Daylio – micro-journaling, track your daily mood



Grid Diary – provides journal prompts to get you started



Day One Journal – record your thoughts and add photos



Headspace – try a guided meditation



Breathe2Relax – breathing exercises to reduce stress and anxiety



Magic Jigsaw Puzzle – coloring not your thing? Assemble puzzles!



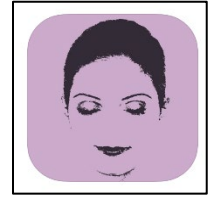
Happy Color – digitally color in images



Overcast – There's a podcast for every interest, listen for free



Audible – classics are currently free, there's also a free 30-day trial



Take a Break! – recharge with a 7-minute work break or 13-minute stress relief recording



What's Up? – grounding exercises, coping skills and help with unhealthy thought patterns



Happify – games make everything a bit more fun



What's My M3 – track mental health changes over time



Humm.ly - #1 rated music wellness app (free premium content for everyone during COVID-19 crisis)



Calm - guided meditations, sleep stories, breathing programs, and relaxing music

“Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.”