

WELLBEING APPS

CALM – Gentle sounds to calm your mind and body – you can pick from exclusive music tracks engineered to help you focus, relax or sleep.

HEADSPACE - A great choice if you want to learn the essentials of meditation and mindfulness, with a free 10-part “basics” course and whimsical animations to help you find your feet. The sessions, which come in three, five or 10-minute chunks, are easy to follow, focusing on breathing and scanning through the body to check in on how you feel.

STOP, BREATHE AND THINK - Stop, Breathe & Think asks you to “check in” before meditating, using a choice of adjectives to describe how you’re feeling, both physically and mentally. The app then uses this information to recommend short, guided meditations, from five-minute “joy” sessions, to longer practices to help you deal with anxiety or to relax, ground and clear your head.

SMILING MIND - The guided meditation sessions are easy to follow and offer a good balance between silence and narration.

RELAXING SOUNDS OF NATURE - features 25 soothing nature sounds, plus another 35 sounds that you can use to craft your own relaxation soundtrack. Use it as an alarm or to help you drift off at the end of the day.

There are many more apps and resources to be found on the Nazareth Parent Wellbeing Website – schoolTV

<https://nazareth.vic.schooltv.me/launch>

Just type ‘apps’ into the SEARCH button on the Homepage.