

Mobile Phone Apps

BE ACTIVE

- Join [Carrot Rewards](#) for free and earn points towards your favourite reward programs by reaching your step goals.

BE MINDFUL

- [Mindfulness with Jon Kabat-Zinn](#) is a series of apps which provide tools to help in the cultivation of mindfulness. With regular practice, participants may experience the effects that science shows, including more focus, better sleep, reduced stress, improved relationships and a better immune system. There is a cost to purchase the app.
- [Aura](#) is a FREE app (with in-app purchases available) which features mindfulness meditations, life coaching, stories, and music, created by the best therapists and coaches, personalized for the user.
- [Smiling Mind](#) is a FREE app which offers web and app-based tools developed by psychologists and educators to help bring balance to people's lives.
- [Stop, Breathe, & Think](#) is a FREE app (with in-app purchases available). Participants use the app to check in with how they're feeling and can try short activities tuned to their emotions.

KEEP LEARNING

- Develop new skills through apps like [Duolingo](#), [Instructables](#), and [BigOven](#).

Please Note: This is not an exhaustive list of mobile apps that can be used to support the Ways to Mental Wellbeing. This list was developed by the Mental Wellness Network of Waterloo Region to provide examples; we do not endorse or recommend any particular mobile app listed here.