

## Helpful Apps

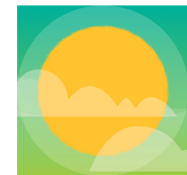
**Headspace / Headspace Plus** is a meditation tool with hundreds of sessions on physical health, personal growth, stress management, and anxiety relief.



**PTSD Coach** provides users with education about PTSD and tools that can help users manage the stresses of daily life with PTSD.



**COVID Coach** to help with self-care and overall wellness during the pandemic.



**7 Minute Workout** is the #1 fitness app in 127 countries with 12 high intensity exercises, 30 seconds per exercise, 10 seconds rest between exercises.

