











<b>Hydration</b>	Ulla Smart Hydration reminder <a href="https://www.amazon.com/Ulla-Smart-Hydration-Reminder-Lagoon/dp/B06XSNQW7Y">https://www.amazon.com/Ulla-Smart-Hydration-Reminder-Lagoon/dp/B06XSNQW7Y</a> Search "water bottle tracker" on <a href="http://www.etsy.com">http://www.etsy.com</a> Water bottle with rotating tracker: <a href="https://www.amazon.com/dp/B00DPLUCS6?">https://www.amazon.com/dp/B00DPLUCS6?</a>		
	Water Drink Reminder (Android) 	My Water Balance (Apple) 	Plant Nanny (Android & Apple) 
	Waterlogged (Android & Apple) 		
<b>Sleep</b>	Relax Melodies: Sleep Sounds (Android & Apple) 	White Noise Lite (Android & Apple) 	
<b>Nutrition</b>	Choose My Plate <a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a>	My Fitness Pal (Android & Apple) 	
<b>Exercise/Activity</b>	Fitbit: <a href="https://www.fitbit.com/home">https://www.fitbit.com/home</a> Jawbone Up: <a href="https://jawbone.com/up/trackers">https://jawbone.com/up/trackers</a>	Apple Watch: <a href="https://www.apple.com/watch/">https://www.apple.com/watch/</a>	Garmin Vivofit: <a href="https://buy.garmin.com/en-US/US/p/143405">https://buy.garmin.com/en-US/US/p/143405</a>
	Zombies Run (Android & Apple) 	Pocket Yoga (Android & Apple) 	Johnson & Johnson Official 7 Minute Workout (Android & Apple) 
	Runkeeper (Android & Apple) 	My Fitness Pal (Android & Apple) 	
<b>Diaphragmatic Breathing</b>	Sesame Street Common and Colbie Caillat - "Belly Breathe" with Elmo <a href="https://www.youtube.com/watch?v=mZbzDOpylA">https://www.youtube.com/watch?v=mZbzDOpylA</a> Learn the Diaphragmatic Breathing Technique <a href="https://www.youtube.com/watch?v=kgTL5G1ibIo">https://www.youtube.com/watch?v=kgTL5G1ibIo</a>		
	Breathe2Relax (Android & Apple) 	Breathing Zone (Android & Apple) 	My Calm Beat (Android & Apple) 

<b>Relaxation</b>	Progressive Relaxation (Johns Hopkins): <a href="https://www.youtube.com/watch?v=intVpw4LhMY">https://www.youtube.com/watch?v=intVpw4LhMY</a> Guided Imagery (Johns Hopkins): <a href="https://www.youtube.com/watch?v=35ch88kmlls">https://www.youtube.com/watch?v=35ch88kmlls</a> Relaxation Downloads: <a href="http://www.dartmouth.edu/~healthed/relax/downloads.html">http://www.dartmouth.edu/~healthed/relax/downloads.html</a> GoNoodle- Movement and Mindfulness: <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>		
	Stop Breathe & Think (Android & Apple) 	Stop Breathe & Think Kids (Apple & website) 	Calm (Android & Apple) 
	Simply Being Guided Meditation (Android & Apple) 	Headspace: Guided Meditation and Mindfulness (Android & Apple) 	
<b>Biofeedback</b>	Heart Math Inner Balance <a href="https://store.heartmath.com/innerbalance">https://store.heartmath.com/innerbalance</a>	Hear and Now (Apple) 	Belly Bio Interactive Breathing (Apple) 
<b>Coping Skills</b>	Breathe Think Do with Sesame Street (Android & Apple) 	Healing Buddies Comfort Kit (Apple) 	Mindshift (Android & Apple) 
	Pacifica (Android & Apple) 	Virtual Hope Box (Android & Apple) 	Booster Buddy (Android & Apple) 