

TAKE A BRAIN BREAK

APPS FOR YOUR MENTAL HEALTH

Give your mind a few minutes of peace & calm each day



SMILING MIND



CALM



WIM HOFF METHOD



INSIGHT TIMER



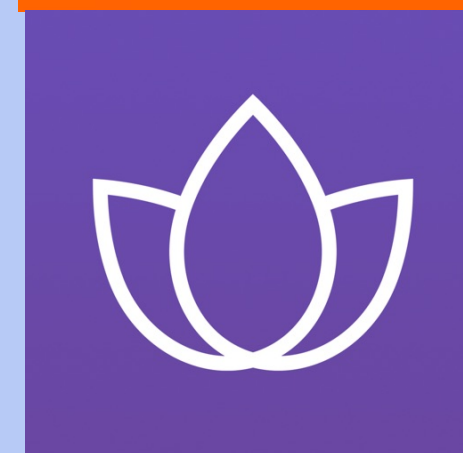
THE TAPPING SOLUTION



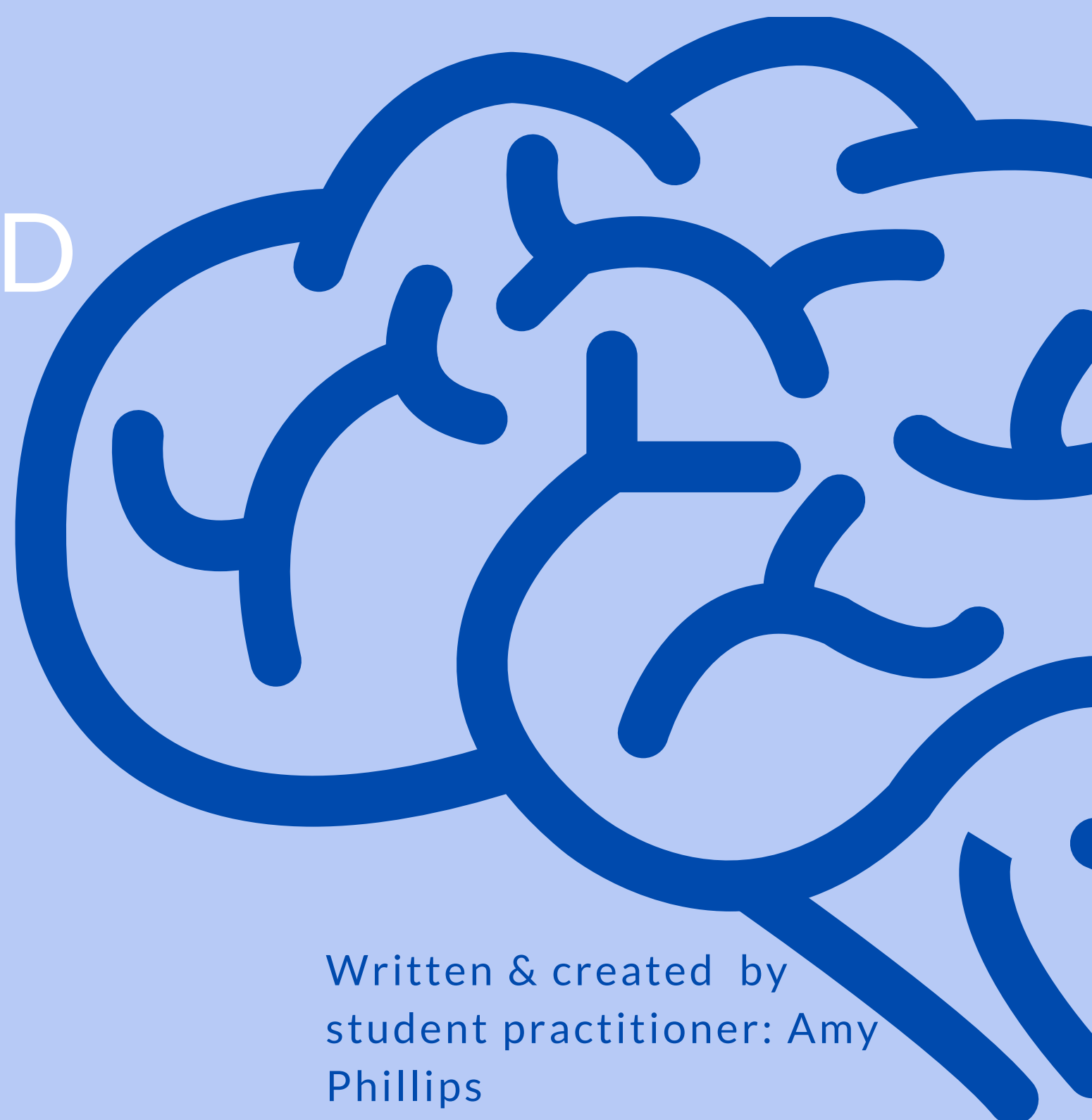
1GIANT MIND



HEADSPACE



BLOOM



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