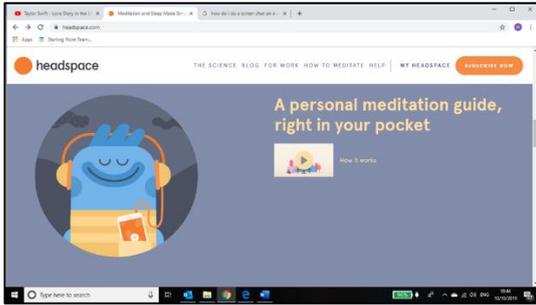
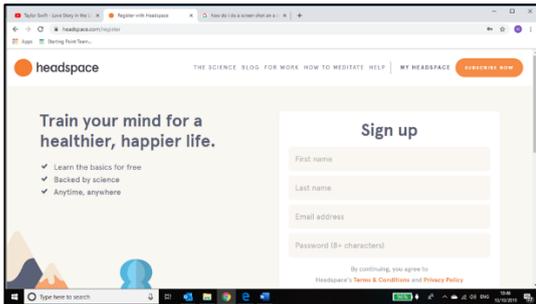


## Tools for Wellbeing

<p><b>In session this we will be going through the process of creating a safe space to explore strategies for improving wellbeing. Wellbeing is often described as the state of being comfortable happy and healthy.</b></p>		
1	<p>There are many online tools or applications to support wellbeing. It is important to find one that suits your lifestyle and learning style.</p>	<p>Five top free apps to use are</p> <ol style="list-style-type: none"> <li>1. <a href="https://www.headspace.com">https://www.headspace.com</a></li> <li>2. <a href="https://insighttimer.com">https://insighttimer.com</a></li> <li>3. <a href="https://www.calm.com">https://www.calm.com</a></li> <li>4. <a href="http://www.colorfy.net">http://www.colorfy.net</a></li> <li>5. <a href="https://www.aurahealth.io">https://www.aurahealth.io</a></li> </ol>
Q1	<p>What's the difference between each app?</p>	<p><b>Headspace</b> is a free app that is rooted in the science of meditation. It has series of guided and unguided meditations, and plenty of other relevant content to listen in your own time and at your own pace.</p> <p><a href="http://www.headspace.com">www.headspace.com</a></p>
2	<p><b>Insight Timer</b></p>	<p><b>Insighttimer</b> is one of the most popular meditation apps. The meditations are in several categories, and it offers lots of choice, so pick and choose what works best for you.</p> <p><a href="http://www.insighttimer.com">www.insighttimer.com</a></p>
3	<p><b>Calm</b></p>	<p><b>Calm</b> is an app that offers wellbeing strategies that can be completed in as little as 10-20 minutes. It really helps to develop a daily practice, and also enjoy a moment of calm and peacefulness when the day becomes too stressful.</p> <p><a href="http://www.calm.com">www.calm.com</a></p>

4	<b>Colorfy</b>	<p><b>Colorfy</b> is a colouring mindfulness app, based in science of creativity and how colouring can create a feeling of flow that is associated with a meditative state.</p> <p><a href="http://www.colorfy.net">www.colorfy.net</a></p>
5	<b>Aura</b>	<p>Aura is a mindfulness app that is aimed at personalised meditations every day, targeting stress, anxiety and depression. It is based in a set of initial questions to assess current mood that will then be used to deliver 3-minute guided meditation every day.</p> <p><a href="http://www.aurahealth.io">www.aurahealth.io</a></p>
6	<p>In this session we are going to look at headspace and the process of registering for a wellbeing app.</p> <p>In your own time feel free to explore all the other suggested wellbeing tools.</p>	
7	<p><u>Creating an account</u> We are going to use the google search engine to find Headspace.</p> <p>Type headspace into the search engine and select the option from the list that looks like the one below.</p> <p>Meditation and Sleep Made Simple HeadSpace <a href="https://www.headspace.com">https://www.headspace.com</a> Live a healthier, happier, more well-rested life in just a few minutes a day with the Headspace app. <a href="https://www.headspace.com/login">https://www.headspace.com/login</a></p>	

8	Once you have found the page scroll down until you find a video guide. Press the triangle play symbol and watch the short video on how to use headspace.	 <p>The screenshot shows the headspace website with a blue background. On the left is a cartoon character with headphones. On the right, the text reads 'A personal meditation guide, right in your pocket' with a small video player icon below it. The navigation bar at the top includes 'THE SCIENCE', 'BLOG', 'FOR WORK', 'HOW TO MEDITATE', 'HELP', 'MY HEADSPACE', and a 'GET STARTED NOW' button.</p>
9	It's free to sign-up for headspace, so select the button that offers a free sign-up.	 <p>The screenshot shows the 'Sign up' form on the headspace website. The heading is 'Train your mind for a healthier, happier life.' Below this are three bullet points: 'Learn the basics for free', 'Backed by science', and 'Anytime, anywhere'. To the right is a form with fields for 'First name', 'Last name', 'Email address', and 'Password (8+ characters)'. At the bottom, there is a checkbox for 'By continuing, you agree to HeadSpace's Terms &amp; Conditions and Privacy Policy' and a 'GET STARTED NOW' button.</p>
10	Complete the registration form and then press get started!	