

# BE WELL

## TECHNOLOGY-BASED RESOURCES TO HELP WITH YOUR WELL-BEING

CLICK THE UNDERLINED TITLE FOR THE LINK!

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1.

### CREDIBLEMIND

This is a website, and its mission is to help you better your mental health, emotional well-being, and spiritual growth. CredibleMind has over 100 topics you can search and find resources, evidence-based approaches, and assessments for each topic.

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### KEEPAPPY

KeepAppy is an app to help you build and maintain your emotional wellness. This app acts a well-being toolkit unique to your needs. KeepAppy has 8 features: vital tracker, journaling, goal setting, personalized content, gratitude diary, period tracker, and local care through helplines.

2.

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3.

### THIS WAY UP

This Way Up is a website that offers online courses to help you understand and improve any mental concerns like stress, insomnia, worry, anxiety, and depression. Once you enroll, most of the courses will be available for self-help, but some of the courses are only available if prescribed by a clinician.

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### MOODPATH

Moodpath is an app originally created to help with depression and anxiety, but it is useful for anyone. This app can help you get information, guidance, and encouragement. It also has several features: assess your emotional state, track and reflect on your feelings, and improve your well-being.

4.

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5.

### MOTIVATION

Motivation is an app that sends out daily quotes that you can read, save, and share. The quotes can help if you are going through a tough time, need some encouragement, or want some positive reminders. The quotes are also categorized by topic, and you can pick which topic you want the quotes to be on.