**Healthy Minds**

**These are a few apps that can hopefully direct them to the tools to cope with the pressures of everyday life, promote positive thinking and build on their emotional intelligence…..**

Helps develop a habit of focusing on the positive through notifications to write down three positive experiences daily.

7-Adult - Free

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Raises self-esteem, confidence and happiness using the power of helpful thoughts and positive thinking.

11-18 year olds - Free

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Helps children become calm and focused, fall asleep more easily and wake up peacefully.

5-12 years old. Free