



USEFUL APPS FOR WELLBEING

ABERDEENSHIRE SCHOOLS

Overview

This document contains a list of various apps that are available to help you with your wellbeing. Find apps to help you exercise, organise and plan, manage your stress, sleep, nutritional advice and stay connected.

Reduce feelings of stress;

Headspace

Meditation and mindfulness is made simple with Headspace, the app that counts Gwyneth Paltrow and Emma Watson as fans. Literally giving users a workout for the brain - led by former Buddhist monk Andy Puddicombe - the premise is to take ten minutes a day to listen in and clear your mind. So what are the benefits? Users report better attention spans, alertness and instant calm.

Meditopia

Meditopia's library offers over 1000+ guided meditations on topics including stress, anxiety, acceptance, happiness, motivation, focus and breath. With over 7 million members worldwide, they offer each of these members deep-dive meditations. Even if you don't have your iPhone with you, you can access all of the content from Apple Watch, and start your day off with a daily meditation or one of your favourite practices.

My Possible Self

If your mental health is a concern, My Possible Self may be the app for you. Use the 'moments' function to monitor your feelings and recognise any patterns or triggers in your behaviour, and the self-help 'modules' to tackle issues such as stress, anxiety, loss or major life changes.

Calm

A meditation and relaxation aid. Calm, named the 2017 app of the year by Apple, promises to help users to sleep better, boost their confidence and reduce stress and anxiety levels, all through the help of guided meditations, soothing music and bedtime stories.

Pause

Just about as simple as an app gets. You move your finger across the screen to expand a coloured blob, a process which is apparently designed to trigger your body's "rest and digest" response. There's a chance this stripped-back approach will annoy you immensely, but it might also be just the ticket for some quick relaxation.

Organising and Planning;

Monday.com

A simple, visual project management tool that lets you quickly and easily see what everyone in your team is working on. It can be used to manage to-do lists, tasks and projects across your organisation.

Google Tasks

Get things done with Google's plain but popular system for managing, capturing and editing your tasks. It integrates with Gmail and can be synchronised across all your devices.

Microsoft to Do

Never lose tracks of tasks, organise notes and improve productivity with this reliable cloud-based to-do-list app. Use the Task Manager to share lists with colleagues and colour-coded lists to distribute tasks.

Todolist

You can prioritise, set reminders, collaborate with others and plan the best way to tackle tasks with this highly popular to-do-list app.

Evernote

Take notes, grab a screenshot, record audio or copy a link with Evernote. The app captures all this information and then organises it, indexes it and makes it searchable - perfect for small businesses.

Streaks

Streaks is a to-do list that helps you form good habits, and an essential app to hold you accountable to all your goals. The app allows you to track up to twelve tasks you want to complete each day and the goal is to build a streak of consecutive days. Whether it is going for a run, reading a chapter of a book or quitting smoking – Streaks can help you keep track of these tasks.



Exercise;

Runtastic

Running Jogging, Biking – It Doesn't Matter How You Train, Keeping Track Of Your Workouts Is Essential. Runtastic Allows You To Set Goals, Uses A Built-in Gps To Record Routes In Real-time, And Even Lets You Share Your Successes With Your Friends.

Asana Rebel: Yoga And Fitness

You Don't Have To Be A Full-blown yogi To Use Asana Rebel. This Handy Little Fitness App Offers The Perfect Introduction To The Regime. Rather Than Bombarding You With Annoying Notifications, You Get A Green Dot On The Built-in Calendar When You Train. You Also Get Two New Workouts Every Day So You'll Never Get Stuck Doing The Same Old Routine.

Mytraining Workout Tracker Log

Mytraining Packs A Selection Of Helpful Training Videos, A Routine Log, And A Handy Calendar Feature, But That's Not All. Technology May Have Come A Long Way, But You Just Can't Beat Support From World Class Coaches. That's Exactly What This Tracking App Offers.

My Virtual Mission

Are You In Need Of Some Workout Motivation? If Your Current Exercise Is Less-than-inspiring, My Virtual Mission May Be The App For You. Use It To Create The Virtual Fitness Route Of Your Dreams – Literally. If You Can Imagine A Route, The App Can Create It.

Exercise continued;



Couch To 5k Runner

The Hardest Part Of Any Run Is Taking That First Step. Couch To 5k Offers Running Novices All The Advice, Support, And Help They Could Possibly Need. The Nhs Program Claims To Get People Off The Couch And Running In Just Nine Weeks.

Daily Workouts Fitness Trainer

Ideally, Staying Fit And Healthy Means Hitting The Gym Or Track Regularly. However, Sometimes, You May Not Have The Chance To Get Out Nor The Time To Dedicate To It. The Daily Workouts Fitness Trainer App Means You Can Exercise Well In The Comfort Of Your Own Home.

Fitbod Weight Lifting Trainer

If The Crossfit Phenomenon Has Inspired You, You're Not Alone. When Giving This Regime A Shot, Fitbod Weight Lifting Trainer Is The Ideal App. The Step-by-step Nature Of The Program Makes Planning An Effective Strength Training Workout Effortless.

Healthy Eating;

Deliciously Ella

A recipe book in your pocket, cult lifestyle blogger Deliciously Ella's popular app brings her delicious plant-based recipes straight to your phone, with nearly 300 nutritious dishes to choose from.

Calorie Counter And Diet Tracker By MyFitnessPal

There are plenty of calorie-tracking apps out there, but MyFitnessPal is the most popular for a reason. Its database is colossal, containing over five million foods, meaning the frustration of being unable to log the exact item you've eaten is a rare event, rather than the norm. It's also very quick to use and remembers your favourite foods, so every meal isn't finished with five minutes of clicking.

Nutrifix

It's not always easy to find healthy meals when you're out and about, and if you have specific dietary requirements it can be even trickier to find places that cater to your needs. The Nutrifix app aims to make finding healthy and/or free-from food easy. You build your profile on the app of your nutritional needs and then it finds eateries in your locale that fit the bill. And if you're feeling especially lazy or have no time to step outside, you can get those meals delivered to you through Nutrifix's partnership with Deliveroo.

SideChef

Over 2,500 recipes all carefully explained to make them accessible, as well as nutritional tips and video instructions

Plant Nanny

We can all agree that it shouldn't take the possible death of a cute virtual plant to make an adult human drink enough water every day, but let's skip over that and focus on the cute plant. Look how cute it is! Do you want it to die? Of course you don't!

Healthy Eating continued;



DietBet

Put your cash on the line by betting on your weight loss. DietBet lets you buy into a pot with thousands of other users, and those that hit their slimming target share the proceeds

Noom

A simple traffic light system helps you track what you're eating.

Sleep;



Sleep Cycle

Does sleep generally stress you out? Do you feel like you constantly don't get enough of it or, at least, your quality of sleep isn't that great? This app could seriously help. Tracking your sleep cycle throughout the night, based on movement and sound analysis, it works to wake you up when you are at your lightest sleep which means you'll be much less groggy and grumpy rising.

Sleep Cycle Alarm Clock

Are you wanting to get more sleep and stop the endless scrolling through Instagram before bed? Sleep Cycle Alarm Clock is an intelligent alarm clock that tracks your sleep patterns and wakes you up in light sleep, helping you to feel more rested and energised.

Pillow

If you own an Apple Watch and are interested in sleep tracking, this is the best app available. Pillow will track your sleep automatically if you wear the watch overnight, and gives a detailed breakdown of your rest, including time spent in REM, light and deep sleep, with your heart rate plotted over the top to see how it changes during different sleep states. Pillow also breaks down your sleep into two rings – one showing sleep duration and the other sleep quality. Finally, there's a smart alarm.

Apple Bedtime And Night Shift

Night Shift is a simple blue light filter feature baked into Apple's operating system that allows you set a period of the day, say 10pm to 7am, when your phone or tablet will switch to warmer colours on the display (find it under Settings > Display & Brightness). Bedtime is another built-in feature found in the Clock app that aims to ensure you keep a consistent bedtime, which should help you sleep better, and wakes you up gradually with a choice of gentle alarms.

White Noise Deep Sleep Sounds

Sometimes the only thing you need to drift off to sleep is the right background noise, especially if you need to drown out the hubbub of city life. This free app gives a range of options to try, including a crackling fireplace or the Niagara Falls.

Staying Connected;

Yammer

[Yammer](#) will help you to connect with people and teams across your company. It's a private social network that only allows people of your company sign into the network. It allows you to create public groups and private groups. Share ideas, files, videos, and start a conversation.

Skype

You must be familiar with Skype. It's one of the most popular video calling platform which you can use both personal and professional purposes. It makes you able to connect with your team and clients over voice and video calls (as well group video call) from anywhere in the world. You can share your files, images, documents, and screen with your contacts.

FaceTime

Apple users already know that it's easy to stay connected using FaceTime, the free app that allows up to 32 users to connect via video or audio calls using their iPhone, iPad, or iPod touch. It's user-friendly enough that you can check in with your tech-savvy, iPad-loving grandma, and seeing loved ones face-to-face might just be the best medicine for those trying to self-quarantine and stay healthy.

Marco Polo

Similar to FaceTime but works for both Android and iOS users, letting you record videos for your most beloved. Since it's not live, you can exchange messages at your leisure, and they're stored in the cloud forever, so they won't disappear after a certain amount of time.

Netflix Party

If your favorite quarantine activity involves hours spent bingeing your favorite movies and TV shows—but you're sorely missing your friends by your side. Netflix party is a Google Chrome extension that lets you sync up your account to other netflix users, so you can watch the movie or show of your choosing while using the in-app group chat function.

Staying Connected continued;



Zoom

Perhaps known for being a top video conferencing for business calls and meetings, Zoom is a great option for large gatherings—up to 1,000 video participants and 10,000 viewers can be in a single session, so you can host a cocktail party or game night with literally *everyone* you know.

Houseparty

Houseparty is a video chatting app that mimics the feel of a small, intimate gathering with a handful of your closest pals—even if you're hundreds or thousands of miles apart. By using a split-screen feature, up to eight participants can chat face-to-face.

Snapchat

If you're obsessed with sharing selfies that disappear faster than you can say "rainbow tongue filter," you're probably still a huge Snapchat fan. But one of the lesser-known features of the celeb-favorite app is the free quick video call function.

WhatsApp

Perhaps the best known option for those with international family and friends, includes text messaging, audio, and video call functions that syncs with Android devices, Apple devices, and Windows PCs for free, secure messaging no matter where in the world you are. The group chats let you share messages, photos, and videos with up to 256 people at the same time.

ShareTube

Another great way to have a YouTube viewing party with friends and family while you're separated. This one is free to use if you've got a desktop computer—just create a room and then invite friends to join, where you can share videos to watch together while using the text function to chat. You can create video playlists to keep the party going as long as you want.

Staying Connected continued;

Rave



Going to an *actual* rave might not be your idea of a good time even in your pre-quarantine days, but the Rave app means you can party in your PJs without a cover charge or being packed like sardines on a crowded dance floor. Music lovers can also act as a RaveDj, creating playlists so you can enjoy in-home karaoke parties or just dance it out to your favorite songs—a truly perfect way to release a little energy *and* combat quarantine-induced boredom all at once.

Viber

Leading messaging app Viber, connects over 900 million users around the globe and is a digital platform that provides users with access to supportive online communities and groups. Online communities are a great way in which people can hold themselves accountable and seek motivation from likeminded individuals. Group chats can offer support for fitness, cooking and book recommendations.

HipChat

An online communication tool which allows you to collaborate with your team. It provides features like group chat, video chat, and screen sharing with your team members.

Slack

One of the best apps for communication and collaboration. As their tagline says: ***Where Work Happens***. You can create a private channel for a particular project or team, as well as public channel. It also allows you to send message to a group (or a particular person). It also supports voice and video calls.