

## Resources - Wellbeing

## • Apps

- Calm <https://www.calm.com/>
- CBTi coach <https://www.youtube.com/watch?v=rMgrWn5x6JE>
- Finch: Self Care Widget Pet <https://www.befinch.com/>
- Headspace <https://www.headspace.com/>
- Insight Timer <https://insighttimer.com/en-ca>
- Mindshift CBT <https://www.anxietycanada.com/resources/mindshift-cbt/>
- Pzizz <https://pzizz.com/>

## • Resources/Tools

- Body Scan Meditation <https://www.youtube.com/watch?v=ZM3eYRODNbc>
- Breathing and Muscle Relaxation <http://www.adam.mb.ca/audio-relaxation>
- Exercise diary/app
  - My Fitness Pal <https://www.myfitnesspal.com/>
  - ParticipACTION <https://www.participaction.com/en-ca/programs/app>
- Food diary/app
  - Cronometer <https://cronometer.com/>
  - Nourishly <https://www.nourishly.com/>
  - You Ate <https://youate.com/>
- Mental Health Resources for Winnipeg <https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>
- Mindfulness
  - <https://www.youtube.com/watch?v=bLpChrgSOAY>
  - <https://www.youtube.com/watch?v=7-1Y6lBxdM>
- Progressive Muscle Relaxation <https://www.youtube.com/watch?v=1nZEdqcGVzo>
- Positive Self Talk [https://www.youtube.com/watch?v=71\\_NkXgAK1g](https://www.youtube.com/watch?v=71_NkXgAK1g)
- R.A.I.N. meditation [Resources ~ RAIN: Recognize, Allow, Investigate, Nurture - Tara Brach](#)
- Self Care Tips [Health Behaviour Change Toolkit \(fountainofhealth.ca\)](#)
- Shared Health Soins Commun Manitoba Mental Health & Wellness Resource Finder <https://sharedhealthmb.ca/services/mental-health/mental-health-and-wellness-resource-finder/>
- Sleep diary/sleep log:
  - Sleep Foundation <https://www.sleepfoundation.org/sleep-diary>
  - National Sleep Foundation [NSF Sleep Diary - National Sleep Foundation \(thensf.org\)](#)

## • Websites

- ParticipACTION <https://www.participaction.com>
- Wellbeing Guide <https://wellbeingguide.ca/wp-content/site/index.html>
- Wellness Together Canada <https://www.wellnesstogether.ca/en-CA>