

Helpful Apps for Grief Challenges

Troubles Sleeping/ Relaxation:



Sleepio: This app was created to help improve sleep by addressing how lifestyle and environmental factors impact sleep, how your thoughts impact sleep, and how a schedule affects sleep.

According to the sleepio website, the app helps you set goals, tests your sleep, builds you a personalized program, and provides weekly lessons. Sleepio boasts being able to help individuals fall and stay asleep, feel refreshed, improve performance and boost your energy levels and mood.

Available free on IOS. For Android, use sleepio.com/mobile



Relax Melodies: helps give you a better sleep by providing soothing sounds, sleep meditations, breathing techniques, and sleep moves- gentle movements easing you into a deep sleep.

Available free on IOS and Android



Moshi Twilight: an audio-only app helping kids to fall asleep. Includes sleep stories, music, meditations and sounds.

Available free on IOS and Android



Headspace: Learn to meditate and live mindfully through guided meditations

Available free on IOS and Android

Grief Apps:



Grief Support Network: "A free proximity-based social network connecting & supporting people grieving or who have grieved with the objective of creating a global community of Grief Angels that can be there for each other during one of life's most difficult time."

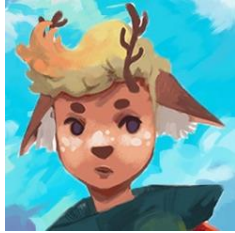
Available free on IOS



Smiles and Tears by Nelson's Journey

Appropriate for kids age 4 and up. Smiles and Tears is like a virtual diary where kids can document their favorite memories of the person they lost. They can add pictures, release balloon messages, fill a memory jar, and even send virtual "gifts" to their loved one. According to the creators, *"It provides an interactive tool to record memories, send gifts and write thoughts, feelings and emotions. As well as these interactive tools, Nelson's Journey have also provided tips on how to manage emotions such as anger, confusion, guilt, loneliness etc. which are all common when someone has been bereaved of a special person."*

Available for free on IOS and Android



Apart of Me by Bounce Works

Appropriate for age 11 and up. Designed by a Child Psychotherapist and a team of advisors, Apart of Me was created to support kids through their grieving process in this creative game. According to the creators, players are able to learn **acceptance** through catching fireflies that have the player check-in about how they are feeling, and work to accept their feelings. Players can learn **peace** through practicing their "kind and soothing breath." Picking up bottles that have washed up from the sea to discover **wisdom** on loss and love. Lastly, find **connection** through the characters' stories of loss and love.

Available for free on IOS and Android

Helpful Apps for Parents:



Breathe, Think, Do: an app to help teaches children problem solving skills, self-control, planning, and task persistence.

Available free on IOS



LaLa Lunchbox: Meal planning for families. According to the app, kids stay involved by setting up virtual lunchboxes and select meals for the week ahead by feeding a hungry monster from a customizable food library of healthy options. You can even generate a grocery list based off what the kids want for lunch.

Available free on IOS



Yumly: Contains more than two million recipes, personalize to your tastes and dietary needs, step-by-step guided recipes, and easily create grocery lists based on recipes you plan to make. You can even enter what ingredients you have to use, and Yumly will provide recipes that match.

Available free on IOS and Android



Cozi: Helps coordinate and communicate everyone's schedules and activities, track grocery lists, manage to do lists, plan ahead for dinner, and keep the whole family on the same page.

Available free on IOS and Android



Our Home: Geared towards older kids and teens. Creates a game/ award system for completing household chores.

Available free on IOS and Android



Privilege Points Chore Tracker: Reward good behaviors and chore completion, use penalties to subtract points for bad behaviors.

Available free on IOS