



Using Apps to Support New Year Wellness Goals

The new year often brings renewed goals around improved physical and mental wellbeing. Apps have become a common tool in supporting these efforts. Below is a list of a few popular free wellness apps you can use in the new year to support your physical health, mental well-being, sleep, and daily habits. Many offer robust free features, though some also include optional premium upgrades. If you have an app that you find helpful, share it with your flying partners. Remember, your AFA EAP is also available to assist you with your wellness. Call 800-424-2406.

Mental Health & Mindfulness

- **Insight Timer** – A completely free meditation app with one of the largest libraries of guided meditations, music tracks, and talks to help with stress, sleep, and focus.
- **Calm (Free Version)** – Offers guided meditations, breathing exercises, nature soundscapes, and short mindfulness content for stress and relaxation. (Free basic content, optional subscription available.)
- **Finch** – A gamified self-care app where you complete wellness activities (like mood check-ins and journaling) that help grow a virtual pet, making habit building more fun.

Fitness & Physical Activity

- **Nike Training Club** – Free workouts for all fitness levels, from strength and mobility to yoga and conditioning, with tips and structured routines you can customize.
- **Samsung Health** – A holistic health tracker that syncs steps, workouts, sleep, heart rate, and more, helping you monitor overall well-being on your phone or wearable.

Sleep & Relaxation

- **BetterSleep (Free Mode)** – Helps you relax and fall asleep with soundscapes, bedtime stories, and breathing exercises (with optional premium content).

Mood & Habit Tracking

- **DailyBean: Simplest Journal** – A simple mood journal and tracker that lets you log your daily emotions and sleep alongside life notes.
- EAP Chair – Lynnette Clark – 503-729-4439
- LEC 16 EAP LEC & Reps
- Anne Strand (LEC) – 206-940-4634
- Kim Van Wormer – 509-308-9553
- Miria Davis – 208-398-8612

LEC 17 EAP LEC & Reps

Carrie Dennis (LEC) – 360-600-5988

Peter Oxentenko – 503-888-7271

Chris Metz – 217-369-8735