

AAP Med-Ped Section Physician Health and Wellness Exhibit

Wellness Apps

Here is a listing of apps for iPhone and Android users. These are just a sample, and we have no conflict of interest with any of these companies. These are just examples provided that have been shown to have benefit in wellness literature as well as through personal experience.

1. Emotional Wellness

- Apps --
 - Breathe" - Guided Mindfulness Meditation
 - Calm
 - Simple Habit
 - Live Happy apps (Live Happy, Gratitude Stream, etc.)
 - Gratitude Journal, Happier.com
 - <http://blog.deepakchopramobile.com/>
 - "Happytapper" vision board app

- Books --
 - You Can Heal Your Life**, Louise Hay <http://www.amazon.com/You-Can-Heal-Your-Life/dp/0937611018>
 - The Gifts of Imperfection** - Brene Brown www.brenebrown.com
 - Self-Compassion** - Kristin Neff www.self-compassion.org
 - Happiness Hypothesis** - Jonathan Haidt <http://www.amazon.com/Happiness-Hypothesis-Finding-Modern-Ancient/dp/0465028020>
 - Get Out of Your Mind & Into Your Life** - Steven Hayes http://www.amazon.com/Get-Your-Mind-Into-Life/dp/1572244259/ref=sr_1_1?s=books&ie=UTF8&qid=1373656252&sr=1-1&keywords=get+out+of+your+mind+and+into+your+life
 - The How of Happiness** - Sonja Lyubomirsky <http://www.amazon.com/The-How-Happiness-Approach-Getting/dp/0143114956>

2. Cognitive Wellness

- Apps
 - "To Do" list website – Toodledo.com
 - Mindbloom life game (to improve the quality of your life and "grow the life you want") – tree.mindbloom.com

3. Physical Wellness and Preventative Self Care

- Apps
 - "Heal Your Body A-Z" Louise Hay
 - Daily yoga apps
 - Daily fitness tip apps
 - Calorie Counters

There are MANY apps for physical wellness. Typing a keyword into a search (based on what you're interested in, can lead you to the right app!):

- Fitness Trainer
- Calorie Counter
- Workout Planner
- many, many, MANY more!

4. Spiritual Wellness/ Spirituality

- Apps
 - "YouVersion Bible"
 - "Prayer Journal"
 - "Prayers to Share"
 - "Pandora Radio"
 - "1000 Gifts"
 - "ConZentrate"
 - "Tao Te Ching"
 - "My Live Organized"

- Books
 - Finding Your Own North Star, Martha Beck
 - <http://www.amazon.com/Finding-Your-Own-North-Star/dp/0812932188/>
 - The Intention Experiment, Lynne McTaggart
 - <http://www.amazon.com/Intention-Experiment-Using-Thoughts-Change/dp/0743276965/>
 - The Field, Lynne McTaggart
 - <http://www.amazon.com/Field-Quest-Secret-Force-Universe/dp/006143518X/>
 - Finding Your Way In a Wild New World, Martha Beck
 - <http://www.amazon.com/Finding-Your-Way-Wild-World/dp/1451624603/>
 - Steering by Starlight, Martha Beck
 - <http://www.amazon.com/Steering-Starlight-Science-Finding-Destiny/dp/1605298646/>
 - Let Your Life Speak - Parker Palmer
 - <http://www.amazon.com/Let-Your-Life-Speak-Listening/dp/0787947350/>

5. Career and Financial Wellness

- Apps

Searching “career” in the app store found 1100 Results

Searching “Job” found 2200 Results

- “Career Quiz” by Madison College
- “Proven Job Search” by Proven.com
- “Career Tools” by Manager Tools
- “Job Search” by Indeed.com
- “Career Patterns” by Signal Patterns
- “Career Search” by A2App.com
- “Holland Career Test” by im2.0
- “Career Test” by Central Test
- “Resume Designer” by Fall Day Software
- “Job Search” by KWM Apps
- Searching "money" in the apple apps store yeilded 13,758 results.
- Searching "Money Managment" in the apple apps store yeilded 806 results.
- "Mint.com Perosnalized Finance" by Mint.com-- Excellent App!!
- "Spending Tracker" by MH Riley Ltd
- "Goodbudget Budget Planner - Expense Tracker" by Dayspring Technologies
- "Level Money: Manage Money..." by Level Money, Inc.
- "Check - Bills - and Money" by Pageonce, Inc.
- "Money" by iBear LLC
- "iSpending- Expense Tracker" by Hana Mobile
- "Checkbook - Spending, Income" by Blue Tags

- Books

Here is a list of books that may be helpful regarding Career wellness

- How to Find Fulfilling Work -Roman Krznaric <http://www.youtube.com/watch?v=1y6417fnIKU>
- What You're Really Meant to Do -Robert Steven Kaplan <http://bigthink.com/what-youre-really-meant-to-do/how-to-reach-your-potential>

- Business Model You: A One Page Method for Reinventing Your Career
http://www.amazon.com/Business-Model-You-One-Page-Reinventing/dp/1118156315/ref=pd_sim_b_8

6. Cultural and Environmental Wellness

- Footprint Calculator**

How much land area does it take to support your lifestyle? Take this quiz to find out your Ecological Footprint, discover your biggest areas of resource consumption, and learn what you can do to tread more lightly on the earth.

7. Social Wellness/Social Relationships

- Social media – Twitter
- Social Media – Instagram
- Social Media - Facebook

8. Creativity

- “3 Good Things” app
- Wordscapes
- Any music apps – Pandora, Apple music
- Camera, PhotoShop apps