# Tech Tips for Wellness Resources List

## Blue Light Filtering Apps:

* Comfort View/Night Shift
* Iris
* Twilight
* f.lux
* Dimly
* Blue Light Screen Filter
* Blue Light Filter for Eye Care
* RedShift
* Sunset screen
* Nocturn

## Eyestrain prevention tools:

* Awareness
* Protect Your Vision
* Time Out
* EyeCare
* Eye Pro

## Reading and Comprehension Tools Read Aloud Tools:

* Read Aloud
* CaptiVoice
* Snap and Read
* Microsoft Edge Read Aloud
* Speechify

### Text Alteration & Comprehension Tools

* Safari Reader Mode
* Snap and Read
* Immersive Reader
* Beeline Reader
* Read and Write Gold
* Natural Reader
* Dyslexie
  + Extension
  + Dyslexie Office

## Habit Building Apps

* Gamified/Competitive Approach
  + Habitica- arcade game style
  + Streaks
  + Habit Bull
  + Productive
* Life Coach/Wellness Approach
  + Fabulous
  + Remente

## Healthy Lifestyle:

* My Fitness Tracker
* Jetfit
* Fitocracy
* Lifesum: Healthy Lifestyle, Diet & Meal Planner
* Mealime
* Endomondo

## Mindfulness and Meditation

### Breathing:

* BellyBio
* Breathe2 Relax (fee, iOS and Android)

### Meditation/Mindfulness:

* Headspace
* Calm
* 10% Percent Happier
* Insight Timer
* Smiling Mind
* INSCAPE
* Buddhify

## Mental Health:

* Mood Mission
* Anxiety Reliever
* Sanvello
* Panic Relief
* PTSD Coach
* NotOK

Sleep:

* Deep Sleep with Andrew Johnson
* ISleepEasy
* Honest Guys YouTube Channel

Meal Planning:  
Mealime

## Virtual Calming Rooms