

14 RECOMMENDED

APPS

FOR

SOCIAL CONNECTION & WELLBEING



TELECONFERENCING APPS



SOCIAL CONNECTION APPS



Marco Polo combines the best of texting, social media and video chats, all in one easy to use app.



House Party the social network where you can connect with friends and play games together.



Use **Facetime** to connect with people in your contacts. Connect with multiple people at a time (iPhone only).



Google Duo

Use **Google Duo** to connect with people in your contacts. Connect with up to 4 people at a time.

WELLNESS APPS



Learn online with interactive educational activities and videos.



Learn how to live mindfully with guided meditations and mindfulness activities.



Create your healthy diet toolbox with healthy alternatives and recipes.



Access guided workouts that you can do at home, no equipment needed.



Access free e-books, music, audio-books, and movies with a library card.

www.paintedbrain.org

DISCLAIMER: The referenced Apps should not be used as a substitute for professional advice and information from therapists and physicians.