

## NRT Apps for Self-Care

Many apps are available for responder self-care, for organizing for self-care, for relaxing, breathing, meditation. Some are sounds of water or other sounds of nature. Others offer various kinds of music. Some offer chimes. Some offer a burning fire. Think about what types of activities offer you the most joy and release from stress and search those on your App Store. Some of our favorites are these:



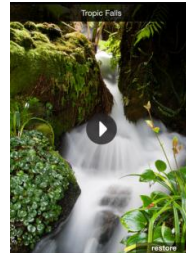
University of  
Minnesota (U of M)  
Responder Self-Care



Provider Resilience



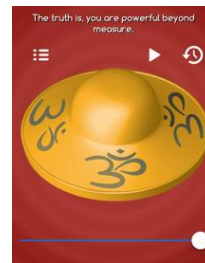
Aquarium HD



Calming Sounds



Breathe2Relax



Chakra Chimes



Fireplace Live HD

Fireplace HD



Centering Prayer  
Contemplative  
Outreach