

RESOURCES

for the Journey

A thoughtfully curated collection of apps that many clients have found helpful alongside the work of therapy. These resources are not a substitute for counseling, but they can support emotional health, healthy relationships, spiritual growth, and everyday well-being.

EMOTIONAL HEALTH

How We Feel	Emotional awareness and vocabulary
Daylio	Mood and habit tracking
MoodKit	CBT-based tools and coping skills

ANXIETY & NERVOUS SYSTEM

Calm	Meditation, relaxation, breathing, and sleep
Insight Timer	Thousands of guided meditations
MindShift CBT	Evidence-based tools for anxiety and worry
iBreathe	Simple breathing exercises

SLEEP

BetterSleep	Sleep sounds, stories, and meditations
Calm	Sleep stories, meditations, and music

RELATIONSHIPS

Paired	Strengthen your relationship together
Love Nudge	Daily nudges for a stronger connection
Card Decks	Conversation and connection card decks <i>from The Gottman Institute</i>

JOURNALING & REFLECTION

Day One	Beautiful, private journal for daily reflection
Rosebud	AI-guided journaling for deeper insight
Five Minute Journal	Guided journal for gratitude and clarity
Presently	Gratitude journal for a positive mindset

HEALTHY HABITS & DAILY RHYTHMS

Finch	Self-care companion for gentle daily growth
Habitify	Build habits and track progress
Streaks	Simple and beautifully designed habit tracker

CHRISTIAN SPIRITUAL FORMATION

Lectio 365	Daily devotional and prayer	YouVersion Bible App	Read and study the Bible
Dwell	Bible listening app	Pray As You Go	Daily prayer and reflection

These tools can support your journey, but you don't have to walk it alone.

I'M HERE TO WALK WITH YOU.