

CS: Self-Directed Supports -Self-Care and Wellness

Version 1

Published 5/23/2025 by [Tracey Laurin](#) Last updated 5/23/2025 7:03 PM by [Tracey Laurin](#)



Self-Care and Wellness

- [Finch](#): Your new self-care best friend – complete quick self-care exercises to grow your pet, earn rewards, and improve your mental health.
- [Sleep Cycle](#): Track your sleep and find your perfect wake up window.
- [Pzizz](#): Advanced sleep and power nap system to fall asleep fast, stay asleep and wake up feeling refreshed.
- [Headspace](#): Learn the life-changing skills of meditation and mindfulness in just a few minutes a day.
- [Simple Habit](#): Meditate for just 5 minutes/day to reduce stress, sleep better, relax faster, breathe easier, improve focus and be happier.
- [Canadian Physical Activity Guidelines – Government of Canada](#)
- [Sleep Hygiene – National Sleep Foundation](#)