

CS: Self-Directed Supports -Gratitude & Positive Thinking

Version 2

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Gratitude & Positive Thinking

- **Gratitude (Android only):** Cope with anxiety & depression, improve mental health and bring a self-change
- **Headspace:** Learn the life-changing skills of meditation and mindfulness in just a few minutes a day.
- **Journey:** An easy-to-use, straightforward journaling app.
- **Self-Compassion:** With self-compassion, we give ourselves the same kindness and support we'd give to a good friend.