





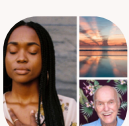
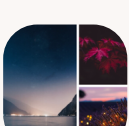
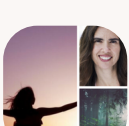
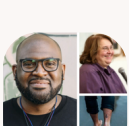


# Free Care Tools

Curated playlists with practices designed to  
support mental wellbeing

Bookmark

-  **ACT Therapy Tools**  
Manage worry, enhance psychological flexibility, and align your actions with your values.
-  **CBT Therapy Tools**  
Transform negative thinking patterns, manage intrusive thoughts, and cultivate self-compassion.
-  **MBSR Tools**  
Enhance present-moment awareness, and develop resilience to stress and discomfort.
-  **IFS Tools**  
Explore and harmonize your inner 'parts,' fostering self-compassion and healing through Internal Family Systems.
-  **Nervous System Regulation Tools**  
Regulate your nervous system, enhance somatic awareness, and foster emotional balance through grounding and sensory practices.
-  **Panic Attacks & Panic Disorder Tools**  
Find immediate relief and regain calm with practices designed to manage panic attacks and reduce anxiety.
-  **Stress & Anxiety Management Tools**  
Alleviate anxiety, cultivate inner peace, and build resilience through mindfulness and relaxation techniques.
-  **Sleep & Insomnia Tools**  
Promote restful sleep, ease insomnia, and support healthy sleep hygiene with evening relaxation.
-  **PTSD & Trauma Recovery Tools**  
Foster healing, rebuild trust in yourself, and achieve emotional regulation on your trauma recovery journey.
-  **Depression Relief Tools**  
Alleviate depressive symptoms, nurture self-compassion, and enhance emotional resilience.

