

Free Stress Relief Apps

- 2048
- 8-Ball Pool
- 8fit
- Break Time
- Daily Yoga
- Family Feud
- Flow
- Happy Color
- Jigsaw Puzzles
- Just Dance
- Mario Kart
- Nike Training Club
- Sudoku
- Stretch Reminder
- Tetris
- The Johnson & Johnson Official 7-minute Workout

Paid Stress Relief Apps

- **5-Minute Journal** - \$24.99/year
- **5-Minute Yoga Workout** - \$10 subscription
- **Calm** - \$69.99/year
- **Centr** - \$29.99/month
- **Find What Feels Good** - \$9.99/month
- **FitOn: Fitness Workout Plans** - free, \$69.99/year for extra features
- **FIT Radio** - \$27.99/quarter
- **Glo Yoga** - \$162/year (for unlimited)
- **Headspace** - \$69.99/year
- **Insight Timer** - \$59.99/year for full access
- **Jetfit** - \$6.99/month
- **Jillian Michaels Fitness** - \$14.99/year
- **Solitaire** - \$9.99/year
- **Wheel of Fortune** - \$9.99/month



Hands-on **Stress Relief**

- **Assortment of Fidget Toys** - \$20.54
- **Board Games**
 1. Operation - \$18.99
 2. Sorry! - \$9.89
 3. Trouble - \$9.89
 4. Candy Land - \$8.49
- **Bop It** - \$14.99
- **Brain Teaser Book**
 1. The 125 Best Brain Teasers of All Time - \$9.72
- **Card Games**
 1. Uno - \$5.99
 2. Phase 10 - \$4.99
 3. Bicycle - \$2.99
- **Coloring Books**
 1. Large Print Stress Free - \$6.98
- **Cup-and-Ball** - \$10.27
- **Etch a Sketch** - \$12.89
- **Fidget Cube** - \$8.69
- **Hand Grips**
 1. Hand Grip - \$4.99
 2. Grip Master - \$16.87
- **Joke Books**
 1. The Funniest Joke Book Ever! - \$4.24
 2. Silly Jokes for Kids - \$8.99
 3. Knock Knock! - \$4.89
- **Kinetic Sand** - \$8.09
- **Paddle Ball** - \$13.90
- **Play-Doh** - \$9.96
- **Stress Balls** - \$9.84
- **Simon Says Toy** - \$20.99
- **Sticky Hands** - \$7.98
- **Stress Relief Toys**
 1. Sensory Stress Ball - \$22.95
 2. Expandable Breathing Ball - \$11.99
 3. Desk Sculpture Decor - \$18.99
 4. Pendulum Balls - \$16.89
 5. Liquid Motion Bubbler - \$12.99
 6. Calming Cuddle Ball - \$29.99
- **Wall Walkers** - \$6.24

