

iPhone Apps



Headspace offers hundreds of tailored mindfulness sessions for different needs, including ways to manage stress and anxiety. If you are new to mindfulness exercises Headspace is perfect, it offers a 10-day beginner's guide to get you started, giving you a solid foundation to build on.



Houseparty is a video chat based social network. Create house parties with your friends and get alerts when they are "in the house" to chat and play games. You can chat with up to eight friends or friends of friends. The panelled interface makes it feel like you are all in the same room together!



Calm is a sleep and meditation app. Get more restful sleep and wake up feeling refreshed, exclusive music to help you focus, relax and sleep. Watch video lessons on mindful movement and gentle stretching. Listen to audio programs taught by world-renowned mindfulness experts. Enjoy nature scenes and sounds while relaxing, sleeping, working or studying.



Tangerine helps you track and document your moods and habits, helping you organize your time, reflect on how you have been feeling, and check off personal goals. Stay organized and motivated and keep track of your life all in one easy to use app.



Pinterest is a visual discovery engine for finding ideas like recipes, home and style inspiration, and more. Discover billions of possibilities for every part of your life, from new recipes to creative home design ideas.

Web Apps



Netflix Party is a Chrome extension for watching Netflix remotely with friends, e.g., for movie nights with that long-distance special someone. It synchronizes video playback and adds group chat.



Todoist keeps track of all your tasks, projects, and goals in one beautifully simple place. It syncs across all your devices and integrates with all your favorite apps. Use Todoist across devices, add the app to your browser and mobile devices.

Have any recommendations? Let us know at maggie.walter@bgc.bard.edu or nadia.rivers@bgc.bard.edu