

AI AS YOUR WELLNESS WIDGET

Teacher Wellness Resource Hub

Presented & Created by:
Dr. Marsha N. Samuels
Science Department Chair
Broward County Public Schools

Note: App icons and pricing can change over time. When you search in the Apple App Store or Google Play Store, use the exact app name and verify the developer's name before downloading.

SECTION 1: START HERE



A bad day is data, not a definition.

Before using any tool:

1. Pause
2. Breathe
3. Reflect
4. Use AI to organize your thoughts
5. Decide your next best step

Remember:
AI drafts. Humans decide. ALWAYS!!!

SECTION 2: AI WELLNESS TOOLS

 ChatGPT
<https://chatgpt.com>

Search in App Store / Google Play:
ChatGPT by OpenAI

Logo / Icon to look for:
The black-and-white OpenAI knot symbol

Best For:

- Thought organization

- Reflection
- Reframing situations

- Emotional processing
- Creating action plans

Free vs. Subscribed Options:

ChatGPT offers a free version with access to core chat features and limited access to advanced tools. A paid subscription such as ChatGPT Plus unlocks more powerful models, faster responses, and additional features.

Suggested Prompt:

"I feel overwhelmed. Help me separate what I can control, influence, and let go."

 Pi (Inflection AI)
<https://pi.ai>

Search in App Store / Google Play:
Pi by Inflection AI

Logo / Icon to look for:
A purple or violet icon with a lowercase pi symbol

Best For:

- Empathetic conversation
- Feeling heard
- Emotional support conversations
- Reflection

Free vs. Subscribed Options:

Pi has traditionally been available as a free conversational tool for individual users. If premium or business options are available in your region, they may include expanded features. Check the current app listing for the latest pricing.

Suggested Prompt:

"I need to talk through something that is bothering me."

 Wysa
<https://www.wysa.com>

Search in App Store / Google Play:
Wysa

Logo / Icon to look for:
The yellow-and-black penguin mascot

Best For:

- Anxiety management
- Cognitive behavioral techniques
- Guided exercises
- Stress reduction

Free vs. Subscribed Options:

Wysa includes free basic support tools, mood check-ins, and self-help exercises. Wysa Premium unlocks deeper CBT-based programs, guided coaching, and additional wellness tools.



Wysa

<https://www.wysa.ai>

Search in App Store / Google Play:

Wysa

Logo / Icon to look for:

A blue or teal wellness-style icon, often with a chat or heart-inspired design

Best For:

- Mood tracking
- Emotional awareness
- Mental wellness check-ins

Free vs. Subscribed Options:

Wysa typically offers a free version with basic mood tracking and limited check-ins. A premium subscription usually unlocks more personalized support, deeper insights, and expanded wellness programs.



Ash

<https://www.ash.health>

Search in App Store / Google Play:

Ash or Ash Health

Logo / Icon to look for:

A minimalist Ash Health wordmark or simple wellness-style icon

Best For:

- Voice-first conversations
- Talking through emotions
- Reflection

Free vs. Subscribed Options:

Availability and pricing may vary by platform and region. Some users may see free access, a trial period, or subscription-based plans. Check the current app listing for the latest pricing and feature access.



Ebb

<https://www.tryebb.com>

Search in App Store / Google Play:

Ebb

Logo / Icon to look for:

A calm, minimalist blue or teal icon

Best For:

- Mindfulness
- Meditation
- Stress reduction

Free vs. Subscribed Options:

Ebb may offer limited free access or introductory features, with premium options for expanded support. Verify the current app listing before sharing it with participants.

SECTION 3: FREE MENTAL HEALTH APPS



Insight Timer

<https://insighttimer.com>

Search in App Store / Google Play:

Insight Timer

Logo / Icon to look for:

The Insight Timer bell icon

Best For:

- Guided meditations
- Sleep support
- Breathwork

Free vs. Subscribed Options:

Insight Timer has a very large free library of meditations, music, and wellness content. Insight Timer Plus is the paid subscription that unlocks additional courses, premium content, and offline access.



Smiling Mind

<https://www.smilingmind.com.au>

Search in App Store / Google Play:
Smiling Mind

Logo / Icon to look for:
A smiling face logo, often in green or blue tones

Best For:

- Educator mindfulness
- Stress management
- Emotional regulation

Free vs. Subscribed Options:

Smiling Mind is a nonprofit-based app and is generally free to use. It is one of the best no-cost mindfulness tools for educators, students, and families.



MindShift CBT

<https://www.anxietycanada.com/resources/mindshift-cbt>

Search in App Store / Google Play:
MindShift CBT

Logo / Icon to look for:
A brain or head-style icon with blue and green tones

Best For:

- Anxiety
- Perfectionism
- Stress management

Free vs. Subscribed Options:

MindShift CBT is typically free and does not require a subscription. It is a strong no-cost option for users who want CBT-based coping tools.



What's Up?

Search App Store / Google Play:
What's Up?

Important Note:

Do not confuse What's Up? AI with WhatsApp. WhatsApp is a messaging app used for texting and calling. What's Up? is a separate wellness and mental health app designed to help with grounding, stress management, and mood support.

Logo / Icon to look for:

A bright, simple speech-bubble or conversation-style icon

Best For:

- Grounding exercises
- Stress management
- Mood journaling

Free vs. Subscribed Options:

What's Up? is generally free to download and use. Some versions may include optional in-app purchases or upgrades, but the core tools are usually available at no cost.



Daylio

<https://daylio.net>

Search in App Store / Google Play:

Daylio

Logo / Icon to look for:

A colorful smiley-face style icon

Best For:

- Mood tracking
- Reflection
- Pattern recognition

Free vs. Subscribed Options:

Daylio offers a free version with basic mood tracking and journaling features. The premium version unlocks deeper statistics, more customization, backups, and additional features.



PTSD Coach

<https://mobile.va.gov/app/ptsd-coach>

Search in App Store / Google Play:

PTSD Coach

Logo / Icon to look for:

The VA/PTSD Coach app icon, often with a blue government-style design

Best For:

- Trauma-informed coping tools
- Immediate grounding strategies

Free vs. Subscribed Options:

PTSD Coach is a free app created by the U.S. Department of Veterans Affairs. It does not require a subscription.

SECTION 4: EMERGENCY PROMPTS

- I had a rough day.
Help me separate facts from assumptions.
- I am feeling overwhelmed.
Help me identify what needs attention now, later, and not at all.
- I keep thinking about something that happened.
Help me challenge unhelpful thought patterns.
- I feel anxious about tomorrow.
Help me identify realistic concerns versus imagined scenarios.
- I am emotionally activated.
Help me process my feelings before I respond.

SECTION 5: BURNOUT CHECK

Ask yourself:

- ☐ Am I exhausted even after resting?
- ☐ Am I feeling detached?
- ☐ Am I struggling to disconnect from work?
- ☐ Am I feeling ineffective despite working hard?
- ☐ Am I carrying work stress home daily?



If several boxes are checked, consider reaching out to a trusted colleague, counselor, therapist, EAP provider, or support network.

SECTION 6: TAP TAKEAWAY

The goal isn't to become a better teacher.

The goal is to protect the teacher --who is already doing their best!!

~Dr. Marsha N. Samuels