

# What's New?

~FLASH SALE TODAY ~ \$7.99 / each ~ click [HERE](#) for post~  
NEXT SALE DATE October 5

As we start a new school year, for many of us, mental health is front and center among our concerns. That applies to our children, students, clients, and ourselves.

One BRIDGE Communication app enthusiast, a retired teacher who continues to work with adults with special needs, shared with us a set of boards she designed to incorporate attention to self-care as part of one's daily routine. Check it out!

Our goal for the inception of the BRIDGE Communication app is daily enjoyable use of our apps.

As always, we appreciate your feedback, and are happy to help.

Drop us a line! [support@gobridgeapp.com](mailto:support@gobridgeapp.com)

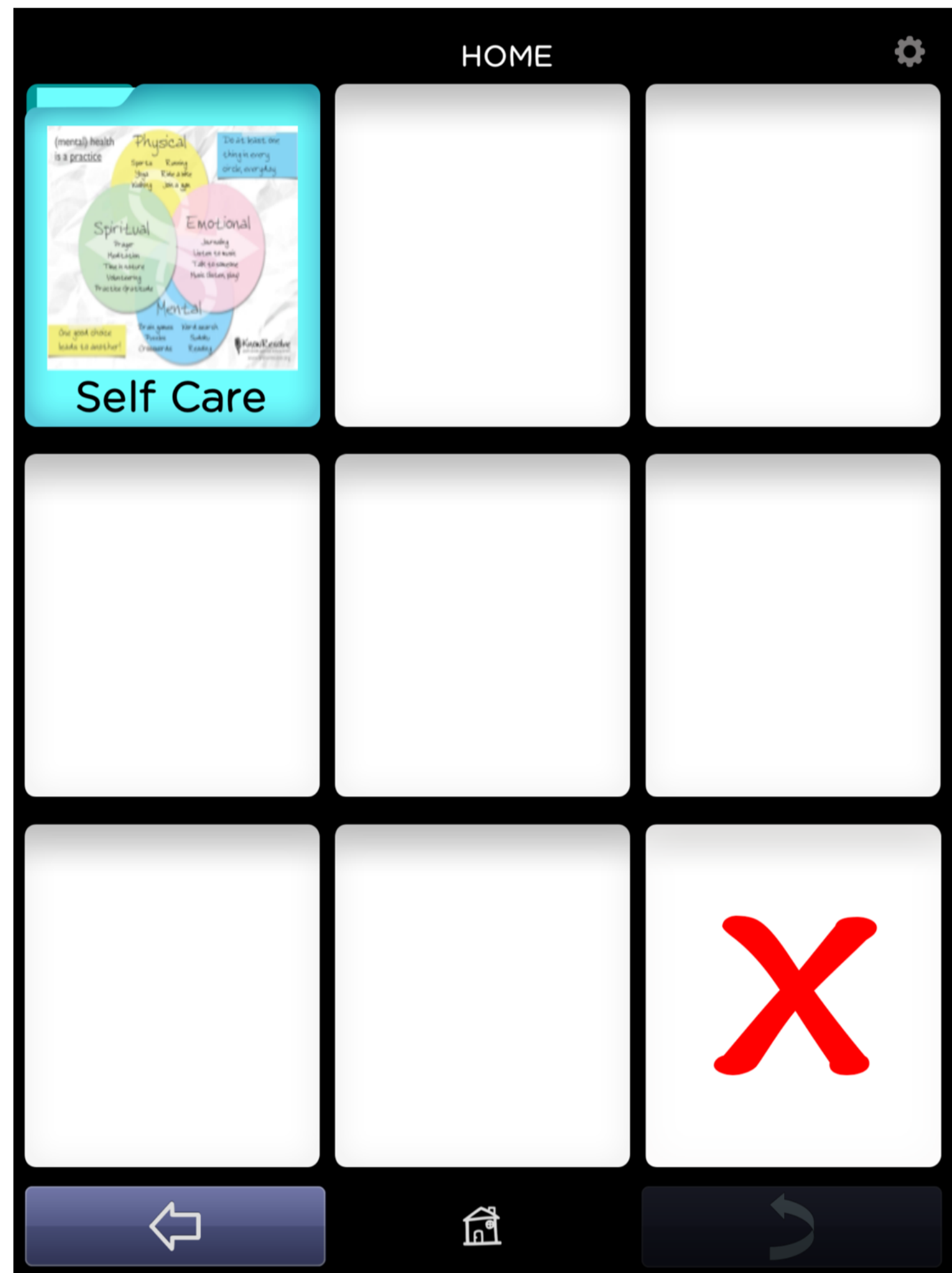
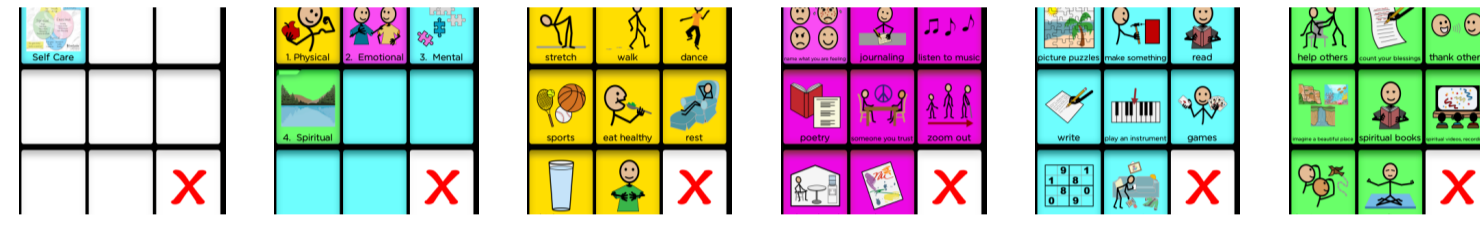
## THE FOUR CIRCLES OF SELF-CARE

The inspiration for creating this set of BRIDGE Communication app boards was from a recent [KQED Mind/Shift article on the Four Circles of Self-Care](#). While there are various models to capture the components of wellness/health, including [Peggy Swarbrick's 8 Wellness Dimensions](#) that is widely referenced, the Four Circles of Self-Care, developed by [Know Resolve](#), a nonprofit focused on youth suicide prevention, presents 4 areas that address actionable items that one can access at any time. Catherine Livingston, the [2022 Michigan School Counselor of the Year](#), encourages people to engage in one activity from each of the four circles on a daily basis.

Know Resolve's Four Circles of Self-Care:



Here is a sample set of boards that can be used to incorporate these 4 areas of wellness into one's daily routine:



## THE TWO BRIDGE COMMUNICATION APPS HOW DO THEY DIFFER?



### BRIDGE COMMUNICATION APP:

- 1,200 preloaded vocabulary items, phrases, sentences
- 2,800 preloaded word, phrase, sentence articulation folder
- Download for \$14.99 on the App Store

### BRIDGE COMMUNICATION BUILDER APP:

- Blank boards - [Building boards based on individual needs](#). For some individuals, a field of 1 or 2 is a good starting point. For others, a customized set of boards can be created. Starting with a blank slate sparks creativity - including vision boards, habit trackers, boards to support loved ones with dementia.
- Download for \$14.99 on the App Store

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And as always, reach out ~ we're happy to help!

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Tell a friend!



BRIDGE Communication original app

BRIDGE Communication Builder app



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