

Dear Students and Postdocs,

In times like these, it's natural to feel overwhelmed. To support your well-being, we've put together a list of easy-to-use apps and websites that offer simple, practical tools for managing stress and anxiety.

We invite you to explore the daily exercises and tools and to discover what works best for you. We hope these resources will bring you some calm and relief.

If you are facing a specific difficulty or personal challenge, please don't hesitate to reach out - by email or phone. We're here for you.

Sending strength to you and your families,

Nirit Cohen-Kraus
Student Social Worker

☎ 054-3067600

✉ nirit.cohen-kraus@weizmann.ac.il

Or Cohen-
Wellbeing Officer for Students and Postdocs

☎ 054-6565076

✉ or.cohen@weizmann.ac.il

Explore, Breathe, Strengthen

Soly Emotional Health

An innovative platform combining trauma resilience AI with compassionate care, for everyday emotional support.

→ Soly App

Simple and Effective Relaxation

A concise YouTube guide with calming, proven self-relaxation techniques.

→ Watch the video

Helping Children Cope

Emergency-focused tools from NATAL for supporting kids in stressful situations.

→ Resources for Children

Vivid – Personal Growth, Every Day

A flexible app offering practical tools for daily calmness and long-term emotional growth.

→ Explore Vivid