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Amidst coronavirus pandemic, local counselor creates free self-help mobile app

So Worthy app provides a personal, customized path for balance and self-worth

Kansas City, Mo. (May 21, 2020) – Today, Professional Licensed Counselor, Dawna Daigneault, Ed.S., LPC, launched So Worthy, a free self-help mobile app available on iOS and Android platforms. The mobile app provides the basic pathways to guide people back to self-worth by using their own awareness. A tailored journey with access to over 20 paths pose challenging questions while assisting users to find their balance and exercise self-compassion on their own schedule and in their own space.

After the COVID-19 pandemic curve flattens, Harvard Psychiatrist Roy Perlis is expecting a second curve in terms of the psychiatric fallout. In response, telehealth is driving the health care system right now. Remote therapy provides an easy and immediate alternative during a time the experts expect a surge of both existing cases and new people in crisis. Daigneault, owner of Zest of Life, LLC, agrees.

“Although there has been an increase in anxiety and depression in recent years, we can expect a growing need for a free and accessible solution to address self-worth in today’s evolving world,” Daigneault said. “Taking charge of our well-being and proactively loving ourselves has never been more important. My goal is to remove obstacles like money, time, and location so people can focus on their basic mental health needs.”

So Worthy was created from a compilation of research and case studies throughout Daigneault’s 14 years in private practice. With the mobile app and journal, she hopes to provide an easy, stigma-free process of confronting important subjects of acceptance and self-worth beginning with defining what you love, hate, need, or want now and in the future. With a focus on self-awareness, self-esteem, self-respect and self-confidence, the process enables the ability to take control.

To accompany the mobile app, the So Worthy Activity Journal is now available on Kindle. The journal encourages users to record thoughts and reflections during activities that facilitate deepening their awareness. The journal is \$4.49 and can be purchased on Amazon at <https://amzn.to/34X62sa>.

About So Worthy

So Worthy is a mobile self-help app offering a pathway to self-awareness. The free app allows users to learn to honestly love and accept themselves with confidence and discover self-worth badges as they travel through a personal and fulfilling journey. Professional Licensed Counselor and owner of Zest for Life, LLC, Dawna Daigneault, Ed.S., LPC, created So Worthy with a focus on the four pillars of worth: self-awareness, self-esteem, self-respect, and self-confidence. Accessible from the privacy of an Android or Apple smartphone, So Worthy is honest about how challenging loving yourself can be, but also encourages living a worth-based life. At the conclusion of the user’s journey, additional resources are available as well as social media platforms for daily encouragement and shared user experiences. Download So Worthy from the [App Store](#) or [Google Play](#). Purchase So Worthy Activity Journal on Amazon at <https://amzn.to/34X62sa>. For more information, visit <https://www.ribbonofworth.org> or follow us on Facebook and Instagram at @ribbonofworth.

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