



You take care of everyone. Who is taking care of you?

This is for you. Not them. You.

You have been so focused on showing up for someone else that somewhere along the way you stopped showing up for yourself. That is what caregiving does. And it is exactly why we built this.

ooddle is a simple daily self-care system designed for people who give everything to others, and have nothing left for themselves.

You already know you need this

You tell the people you care for to sleep better, eat well, manage their stress. You give that advice every day. And then you go home and do none of it yourself.

Not because you don't care about your own health. Because there is no time. No energy. No system. And no one has ever made it simple enough to actually do.

Consider this permission.

What ooddle is

ooddle is not a fitness app. It is not a diet plan. It is not one more thing demanding your time and attention.

ooddle is five small daily actions, personalized to your goals, your life, and how you are actually feeling today. That is it. Five things. A few minutes each. Done.

How it works

Every day ooddle asks you three simple questions. How is your stress, your energy, and your sleep? Your answers become insight into how you are actually doing. Not how you are supposed to be doing.

Over time something shifts. You start noticing yourself more. You feel a little calmer. A little more like yourself. And you show up better, for them and for you.

The ooddle wellness score

Each day ooddle gives you a simple score that reflects how consistently you are taking care of yourself. Not a grade. Not a judgment. Just an honest daily picture of where you are, so you always know what you need.

Five Pillars of Self-Care

ooddle supports you across five areas of daily wellbeing, because self-care is never just one thing.

- **Metabolic.** What you eat and how you fuel yourself.
- **Movement.** Keeping your body active even when life is full.
- **Mind.** Stress awareness and finding moments of calm.
- **Recovery.** Protecting your sleep and your rest.
- **Optimize.** Building small habits that compound over time.

You cannot pour from an empty cup

You have heard that before. But hearing it and having a system that actually helps you fill the cup are two different things. ooddle is the system.



You are not alone in this

Caregiving is one of the most isolating experiences a person can have. ooddle gives you a daily companion that checks in on you. Not on the person you care for. On you. Every single day.



Stress that has nowhere to go

Caregiver stress is real, relentless, and rarely acknowledged. The Mind pillar gives you small daily practices that help you process stress rather than carry it silently. Not therapy. Not a big commitment. Just five minutes that are entirely yours.



Sleep that keeps getting stolen

Disrupted sleep is one of the most common and damaging effects of caregiving. The Recovery pillar helps you build consistent sleep habits around whatever your night looks like, because even imperfect rest is better than none.



Permission to put yourself first, even briefly

The guilt of prioritizing yourself even for a few minutes is real. ooddle removes that guilt by making self-care so small and so manageable that it never feels like you are taking anything away from anyone else. Five actions. A few minutes. That is all.



Something that compounds

Small daily self-care practiced consistently does something remarkable over time. You become calmer. More grounded. More resilient. ooddle does not promise to fix your situation. It promises to help you show up for it better, every day.

What People Like You Have Said

"I did not realize how much I had been running on empty until I started paying attention to myself again."

"Five minutes in the morning that are entirely mine changed everything."

You deserve this

Not when things settle down. Not when they no longer need you. Now. Today. In the middle of all of it. ooddle is free to try. No commitment. No pressure. Just five small daily actions that are entirely about you.



Start Today

Scan to download ooddle and begin your free trial.

No credit card. No commitment. Just you, finally taking care of yourself.