

Helpful Apps

Stress and Anxiety

1. MindShift



Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety.

2. Pacifica – Anxiety, Stress & Depression



Stress, anxiety, and depression can get in the way of you living your life. Pacifica gives you holistic tools to address it based on Cognitive Behavioral Therapy, mindfulness, relaxation, and health.

Stress, anxiety, and depression are caused by an ongoing cycle of thoughts. Thoughts cause physical feelings which cause actions. Pacifica attempts to break this cycle using tools that target each of its components. Day-by-day, you'll learn to manage stress, anxiety and depression at your own pace. We're not about quick-fixes or false promises. We are about real progress, a day at a time.

3. Moodfit



Whether you are seeking to better understand your mood or you're dealing with the symptoms of stress, depression or anxiety, Moodfit is your companion to help you achieve your goals. Moodfit helps to track and improve your mood and gain actionable insights into what brings you up and down like sleep, exercise, nutrition, medications and more. Also, learn gratitude and mindfulness meditation in just a few minutes a day.

4. Colourfly – Colouring Books for Adults



Explore the secret garden created in beautifully detailed illustrations and bring them to life using colourful palletes with your imagination. Have fun in this relaxing painting experience, refill the energy and let anxiety fade away.

5. Booster Buddy



Booster Buddy is a free app designed to help teens and young adults improve their mental health.

Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.

- Check-in with how you are feeling each day
- Use coping skills
- Keep track of appointments and medications
- Get started on tasks
- Follow self-care routines
- Increase real-life socialization

6. Self-help Anxiety Management (SAM)



SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. The app has been developed by a team of psychologists, computer scientists and student users to provide an engaging self help resource.

The key features of SAM include; 25 self-help options covering: Information about anxiety, thinking and anxiety, Physical relaxation, Mental relaxation, Health and Anxiety and guidance on putting self-help into practice.

7. What's Up



This app provides some psycho-education and then separates into the following sections:

1. Crisis/ anxiety attack support
2. Coping strategies e.g. thinking patterns
3. Diary to track good/bad days, including positive and negative habits.

8. Dust D Dog has feelings too



This is a story to illustrate feelings and to encourage your child to speak about their own feelings.

Mindfulness and Relaxation

1. Smiling Mind



Smiling Mind a series of short exercises which guide children of all ages through breathing exercises and becoming aware of their bodies to “put a smile on their mind”. It is based on the principle of “Mindfulness” – that is, being aware of taste, touch, sight and smell to be “in the moment” and truly achieve a sense of calm and perspective.

2. Mindfulness: The Art of Being Human (LITE)



Science now shows that mindfulness practice can help you lead a more contented, happier and meaningful life. This app aims to help you:

Explore insights into the human mind and behavior, step out of unhelpful thinking patterns and gain a greater sense of connection to meaningful life experience

3. Breathe, Think, Do with Sesame (By Sesame Street)



This is a resource app for you to share with your child (ages 2-5) to help teach skills such as problem solving, self-control, planning, and task persistence.

Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more!

This app is part of Sesame Street’s Little Children, Big Challenges initiative, which aims to provide tools to help children build skills for resilience, and overcome everyday challenges and more stressful situations and transitions.

4. Gloop



This app is useful to use for distraction, transitions or for time to calm down. The more the user manipulates the image on the screen, the more heat is generated, causing the gloop to glow and become less gluey. If you treat the gloop more gently, it thickens allowing the user to give it form.

5. Calm: Meditation to Relax, Focus & Sleep Better



Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life. Join the millions experiencing less anxiety and better sleep with our guided meditations, breathing programs and Sleep Stories. Recommended by top psychologists and mental health experts to help you de-stress.

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule. Topics include: anxiety, stress, sleep, self esteem and many more.

6. Headspace: Guided Meditation & Mindfulness



The Headspace app can help you perform at your best through the life-changing skills of meditation and mindfulness.

Headspace teaches you the essentials of living a healthier, happier life. If you enjoy the Basics, then it's time to subscribe. Once you do, you'll have access to hundreds of meditations on everything from stress and anxiety to sleep and focus.

7. Stop, Breathe & Think



A meditation and mindfulness app that helps you find peace anywhere. This app allows you to check in with how you are feeling, and recommends short guided meditations, yoga and acupressure videos, tuned to those emotions.

Meditate with a community! Over 2,600,000 downloads and 7 million emotional check-ins and counting!

8. Relax Melodies



Select sounds and melodies that you like and combine them and adjust the volume of each sound to create a mix. Add one of our meditations specially designed for sleep, lay back, listen, and enjoy falling asleep. It's that simple and it works. Create different and new mixes every time! It's also great background music for kids, where they can create their own sounds.

9. Mindfulness for children



This app has five different mindfulness exercises with a description for each, designed for children 5 yrs +. Exercises include:

1. Breathing & visualisation
2. Thoughts feelings & body sensations
3. Inner place, about focused attention
4. Body scan
5. Different bed time meditations / visualisation (split into 4 different options).

10. Settle your glitter



This app helps children to calm strong emotions through a guided deep breathing exercise which allows them to regain control and shift focus back to the task at hand.

11. Colour boost



An audio visual colour session" for relaxation / distraction / re-focus.

12. Well mind (NHS)



This app allows you to record & monitor feelings, offers advice on stress, and provides psycho-education around body – stress and anxiety. The app also provides Relaxation exercises, information on eating well, problem solving and goal setting. The app Divides into sections on stress, anxiety and depression. Also included are UK help lines.

13. Sandbox

Colouring in app that helps to distract from feeling anxious.

