




Apps to use that help to de-stress

Headspace	
Price	Free with in-app purchases
Rated	4.4/5 stars
Content	Everyone
Website	https://www.headspace.com/
About 	<p>Headspace is a cutely designed guided meditation app and so much more. With targeted meditations led by a former monk on sleep, happiness, productivity, mindful use of technology, and dozens of other topics, Headspace can help bring balance and peace across all aspects of daily life. A consistent mindfulness practice with Headspace can help you develop better focus, decrease your stress, and become less reactive to your anxiety triggers. Use the app to track your time in mindfulness training and invite friends to join in with you. Very simple app to use and builds the habit of mediation and relaxation.</p>

Stop, Breathe, and Think	
Price	Free with in-app purchases
Rated	4.4/5 stars
Content	Everyone
Website	https://www.stopbreathethink.com/
About 	<p>Stop, Breathe, and Think is your daily mindfulness app that also prompts you to input how you're feeling. Select your mood when you open the app and it will suggest the meditations, yoga sequences, or acupressure that could serve you best in that moment, from deep breathing exercises to body scans to visualizations. The check-in feature also allows you to track your moods and progress, so you can examine what you feel most and focus on taming or understanding those anxieties better.</p>

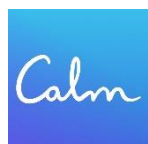
Mindshift	
Price	Free with in-app purchases
Rated	4.1/5 stars Recommended by clinical counsellors. Recommended and supported by: Best Apps 2019 Eating Disorder, The university of British Columbia, University of Waterloo and Simon Fraser University.
Content	Everyone
Website	https://anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/
About 	<p>MindShift CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. Mindshift features include: Psychoeducation, CBT-based tools, Quick relief, thought journal, coping cards, belief experiments (testing beliefs that fuel your anxiety), facing fears (guides to gradually face fears in small manageable steps), expanding your comfort zone (guides in doing new and challenging things), chill zone (audio recordings of</p>

	guided relaxation), check-in (keep track of your anxiety and mood over time), healthy habits (tips), goal setting (tools and tips to help you set and accomplish important life goals and keep anxiety in check. Reminders to keep you motivated and on track).
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What's Up?	
Price	Free with in-app purchases
Rated	4.4/5 stars (Healthline's Best Apps for Depression 2019)
Content	Everyone
Website	https://play.google.com/store/apps/details?id=com.jacksontemptra.apps.whatsup&hl=en
About	What's Up? is more than just a diary and habit tracker. Drawing from CBT and acceptance commitment therapy, it helps teach you dozens of coping mechanisms, from grounding exercises and breathing techniques to ways of recognizing distorted thought patterns, such as catastrophizing and black-and-white thinking. The app's forum also gives you a place to connect when you're needing some extra support.





Calm	
Price	Free 7 day trial then £37.99 per year
Rated	4.4/5 stars
Content	Everyone
Website	https://www.calm.com/
About	Sleep, meditation, and relaxation are in your hands with Calm, another popular mindfulness app. These guided meditations are perfect for complete novices through seasoned practitioners, and you have your pick when it comes to how long you can dedicate to the app each day. Sleep is important for managing stress, but it's also one of the first things to become problematic when you're anxious. In addition to an assortment of daily meditations, Calm features nature sounds and sleep stories — yes, an effective concept taken from childhood — to help lull you into relaxed sleep.



Colorfly	
Price	Free with in-app purchases
Rated	4.5/5
Content	Everyone
Website	http://www.colorfy.net/
About	Colorfy is an adult coloring book brought into the digital realm. With a selection of images and mandalas to choose from, or the option to upload your own sketches to color, you can spend hours in a flow state or focused meditation through this app. Pouring your attention into the beautiful designs can distract from your anxious thoughts and help calm you down. Self-critique is out the window, too, as the simple click-to-fill function of the app means you'll never stray outside the lines.



Daylio – Mood Tracker	
Price	Free with in-app purchases (extra cost for premium app)
Rated	4.8/5
Content	Everyone
Website	https://talklife.co/
About 	<p>Ever notice that your moods tend to fluctuate at certain times? Daylio can help you pinpoint these trends sooner so you can make the adjustments you need. Within the PIN-protected app, use graphics to detail your daily activities and moods, then watch the app churn out stats and trends to help you understand your mood better. Reminders ensure you keep up with your tracking and journaling activity.</p>

Happify	
Price	Free with in-app purchases
Rated	4.4/5 stars (Healthline’s Best Apps for Depression 2019)
Content	Everyone
Website	https://www.happify.com/
About 	<p>Games make everything a bit more fun. And when you’re feeling depressed, fun may be exactly what you need. The main goal behind Happify is to Think positive! It is science-based, interactive and provided activity game for stress and anxiety relief. It helps you to get an idea about what to expect from this stress management app. It offers you a group of positive-thinking activities to improve your mood and learn how to control your happiness. You can set goals and Happify will give you tips to achieve them.</p>