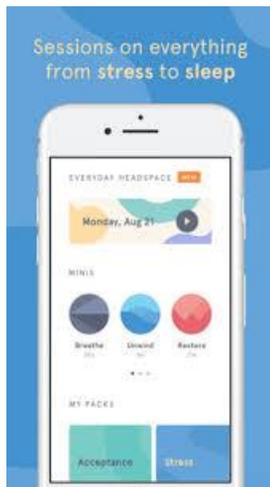


Anxiety Management - Apps

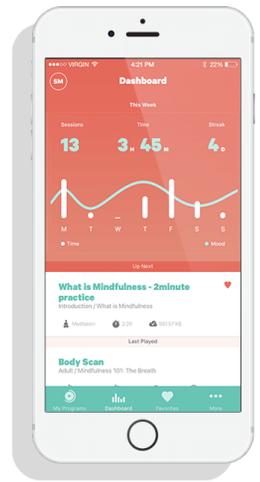
HeadSpace

Headspace is an app that provides guided meditation sessions and mindfulness training in areas such as stress, anxiety and sleep. It also has sessions to cover varying emotions. Free to use the trial parts of the app.



Smiling Mind

Smiling Mind offers a free app-based tool developed by psychologists and educators to assist people in dealing with the pressure, stress and challenges of daily life. Programs are offered for: 7 - 9 years old, 10 - 12 years old, 13 - 15 years old, 16 - 18 years old, adults, sport, mindfulness in education & mindfulness in the workplace



Cove

Cove is an app that was designed for individuals who find it hard to express themselves verbally. In this app, young people can capture their mood or express how they feel by making music and storing it in a personal journal. Entire app is free.



Self-Help Anxiety Management (SAM)

SAM has been developed by a university team of psychologists, computer scientists & student users. The app lets users self-monitor anxiety and graph this. Users are encouraged to build their own Anxiety Toolkit of SAM resources and to draw on this for regular practice in managing anxious situations. The app is not text-heavy and highly visual.



Worry Float

A free app for younger users. Children type their worry in a balloon, rate whether it is a small, medium or large worry and then tap the balloon. The worry then floats away, until it disappears.



Stop, Breathe and Think Kids

Users select how they feel upon opening the app. Depending on their choices, they are then given a 'mission' to launch. Each mission is a few minutes long and missions range from watching mindful cartoons, to being guided through relaxation exercises in the form of cartoons. Free app with options to purchase more.



Anxiety Management - Apps

Calm

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 various lengths between 5-25 minutes. The app also includes sleep stories to support sleep and breathing exercises.



DreamyKid

The DreamyKid meditation app offers meditation, guided visualisation and affirmations curated just for children & teens. It uses proven techniques that teach users mindfulness methods. It offers a body scan meditation and a self-esteem booster program for free. All other programs need to be purchased.



Happy Not Perfect

Users start with an emotions check-in and from there, they are sent on a customised experience that changes daily. There are RECHARGE sessions, filled with mini-games, quick techniques, and over 50 breathing exercises, plus a five-minute REFRESH which starts by guiding them to reflect and relax through slow belly breathing. Then they're directed to the "Burn Bin" to burn thoughts away visually. There's also a log to write a daily gratitude list, and think about worries from another perspective.



Super-Stretch Yoga

Users have fun & get fit learning yoga poses from animated superhero characters. Go from start to finish or pick a pose, from up to 60 combinations. The app aims to teach breathing, play and mindfulness to children through yoga fitness.



Plazma

A free app that acts as a virtual lava lamp to provide a visual, calming sensory stimuli. Users can simply watch the lava float or swipe their finger over the screen to manually move the lava around.



Sandbox Coloring

An app for virtual colouring by numbers to promote mindfulness. Being 'in the moment' through any colouring app, provides users with a distraction from their worries. The app contains enough free colouring pages so that you won't have to purchase any paid ones. Zoom in to colour by numbers and once a picture is finished, users watch a video of their colouring.

