

Stress Management Apps

<p>Area</p> <p>(note that these may be overlapping areas; list is sorted by the app's main area of focus)</p> <p>App Name (*=a staff favorite) most are free</p>	<p>Description</p>
Sleep	
<p>CBT-I*</p>	<p>A sleep app best suited for sleep tracking and sleep disorders. Use as tool for monitoring PTSD. Includes recurring assessments and visuals for overall patterns of sleep (time to sleep, restful vs. restless hours, and etc.) Also useful for Anxiety/Panic/PTSD.</p>
<p>Relax Melodies</p>	<p>Use for insomnia and stress. Includes melodies and tunes that can be played at night. Also useful for Relaxation.</p>
Relaxation/Meditation	
<p>Calm*</p>	<p>Guided meditations and deep breathing; variety of soothing sounds and images; daily meditation is free. Also useful for Sleep.</p>
<p>Meditation Oasis</p>	<p>Guided meditation app.</p>
<p>3. Relax Lite*</p>	<p>Guided breathing app. Attractive interface. Also useful for Anxiety/Panic/PTSD.</p>
<p>4. Pacifica</p>	<p>Helps you time progressive muscle relaxation. Attractive interface.</p>
<p>5. Headspace*</p>	<p>Mediation app. A number of different meditation scripts.</p>
<p>6. Breathe*</p>	<p>Meditation practices app</p>
<p>7. My Spirit Tools*</p>	<p>Meditation practices app</p>
<p>8. Simply Being*</p>	<p>Many guided mediation options; can vary the time you spend meditating (5-30 minutes) and the time the music/nature sounds continue after your meditation.</p>
Mood	
<p>1. MoodTools* (works with Thought Diary – thought record)</p>	<p>Geared towards depression. Includes thought diary, safety plans for SI, behavioral activation activities, and assessment (PHQ9) for tracking. Also useful for CBT oriented.</p>
<p>2. MoodKit* (works with MoodNotes – thought record)</p>	<p>Comprehensive app includes thought diary, safety plans for SI, behavioral activation activities, and assessment (PHQ9) for tracking. Also useful for CBT oriented and Anxiety/Panic/PTSD.</p>
<p>3. CodeBlue</p>	<p>Geared towards depression or bullying. Great for teens, connects them to their support group right away.</p>

Mood (continued)	
4. Optimism	Self-tracking for coping with mental illness. The app helps users detect patterns in their mood, creating a way to identify triggers and other things that affect their mental health. Users can create a customizable wellness plan to chart their coping mechanisms, and this can be updated as they come to have a deeper understanding of what they need to tackle their mental illness. Also useful for <i>Anxiety/Panic/PTSD</i> and <i>CBT Oriented</i> .
5. Crisis Text Line (not an app but free of charge)*	Geared towards young adults/adolescents. 24-hour texting hotline for real-time emotional support. To reach the helpline, text START to 741741.
Anxiety/Panic/PTSD	
1. What's Up*	Includes many coping skills (e.g. breathing, etc.) Allows the user to identify when they are engaging in cognitive distortions, provides cognitive restructuring prompts, and psychoeducation. No thought record included. Also useful for <i>Mood</i> and <i>OCD</i> .
2. MindShift	Teenager/Young Adult friendly. Anxiety tracking and rating.
3. Panic Relief	For anxiety. Also useful for <i>Relaxation/Meditation</i> .
4. SAM: Self Help for Anxiety Management	SAM is an app designed to help people manage their anxiety. Users can record their anxiety levels and identify different triggers.
Cognitive Behavioral Therapy (CBT) oriented	
1. CBT ABC	Child/Teenager friendly. Good psychoeducation about CBT; use to practice challenging thoughts.
2. iPromptU	Therapy homework tool; displays a question or series of questions and prompts the user for written answers; therapist can install a security passcode so the user can't make any changes; can set prompting to happen at random intervals. Also useful for <i>DBT oriented</i> .
3. Lantern (costs \$)	Assessment in 5 major areas: body, stress/anxiety, mood, sleep, and social life. Lantern provides daily exercises tailored to suit users' needs based on the results of their assessment.
Obsessive Compulsive Disorder (OCD)	
1. nOCD	Can track their progress with Exposure and Response Prevention Therapy, set goals, create customized exposure messages for episodes; calendar, planning, and notifications function. Also useful for <i>CBT oriented</i> .
Dialectical Behavioral Therapy (DBT) oriented	
1. DBT Quiz*	Increasing distress tolerance, avoiding personalizing, and etc.