



Therapy Team

# Apps to help with anxiety, relaxation techniques and stress management



Relaxation is a valuable aspect of anxiety and stress management. It is evidenced that it can help to control both physical and mental symptoms. Choosing a relaxation technique that works for you is very individual and like any exercise, relaxation is most successful if practiced.

Apps can be a useful tool to support you with management techniques, providing guidelines and ideas on how to put techniques into practice. Here are a few that may be of use. We would recommend looking at the options available to you and deciding on no more than one or two apps to trial at one time, otherwise you are likely to feel overwhelmed with information and activities to adhere to.



**Headspace** is an app that teaches you how to meditate. Meditation has been shown to help people stress less, focus more and sleep better. Headspace is meditation made simple, teaching you mindfulness skills in just a few minutes a day. [headspace.com](https://www.headspace.com)



**Bliss** works like a daily diary or gratitude journal that allows you to record thoughts and meditation on a recurring schedule of the previous day. Each journal entry helps you increase mindfulness, find inspiration, and build self-confidence.



**Stop, Breathe & Think** recommends daily meditations for beginners and experienced meditators, yoga and acupressure videos based on your mood. Create space for yourself through mindful breathing and self care. Practice guided meditations, deep breathing exercises and learn to manage stress at any age. [stopbreathethink.com](http://stopbreathethink.com)



**The Breathing App** promotes breathing management techniques. It is inspired by resonance, which is the scientific name that describes what happens when our heart rate, heart rate variability, blood pressure, and brainwave function come into a coherent frequency. Its aim is to result in a calm, restful alertness and many other benefits.



The **Ten Percent** app consists of guided meditations, videos, talks, and sleep content to help you build (or boost) your meditation practice, and stick with it.

Guided meditations and videos are available to support with anxiety management, parenting to focus, sleep and quick meditations you can use during your lunch break.

It also contains stories, wisdom, and inspiration that you can listen to while on the go for those moments when you're not feeling like meditating but want some mindfulness.



**Brain.fm** uses an algorithm that takes musical compositions and rearranges them to interact with your brain to keep it in focus. The app uses music featuring rhythmic modulation to keep you from being either distracted or soothed by the music.



Often we worry about everyday things. Some of these worries will be unnecessary and some irrational.

**Worry Watch** helps by writing down our 'what if' anxious thoughts and tracking it to 'what did' happen reality.

We may get a deeper understanding of our anxiety patterns and triggers. Such an understanding may help challenge our negative thinking habits and affirm optimism instead.