



# KEEP CALM AND CARRY THESE APPS WITH YOU

Anxiety reducing apps selected to help reduce anxiety in a number of different ways. To help you manage your anxiety and feel better.

## HELPING YOU UNDERSTAND AND LIVE WITH ANXIETY AND DEPRESSION

This leaflet has lots of ideas on apps you can download to help you if you are feeling anxious or depressed.

Anxiety can be irritating, debilitating and really affect your enjoyment of life. It can make you stay awake at night worrying or make you feel scared to leave the house. No matter what your anxiety issue its important to get help. Finding ways to feel more relaxed will help you lead a happier life.

These apps may benefit your day-to-day maintenance of your anxiety levels. They can build on anxiety-reducing practices you already know, and they may even introduce you to some new ones you don't.



### Anti-Anxiety App

You can tell the app your problems by taking a quiz about your level of stress and anxiety. Using your answers, the app will design a custom treatment plan for you. Follow instructional self-help videos like "How to Tolerate and Lessen Anxiety."

Android

### Headspace

This app is made for when you find it hard to relax. In just 10-minute sessions, Headspace teaches the basics of meditation.

iPhone Android





### Self-Help for Anxiety Management (SAM)

This app can help you regain control of your anxiety and emotions. Tell the app how you're feeling or how worried you are. Then let the app's self-help features walk you through some calming or relaxation practices.

*Available on Android, iPhone*

### The Stop Panic & Anxiety Help

This app helps with panic and anxiety attacks. It uses emotion and relaxation training audio tracks to help fight your fears and find a state of calm. When you've overcome the attack, use the app's journal to record what caused the attack and how you were able to get through it. Then use this journal to learn from your experiences and prepare for the future.

### Worry box

The app works like a journal: Write down your thoughts, anxieties and let the app help you think them through. It will ask questions, give specific anxiety-reducing help, and can direct you to help you reduce your worries. It's all password-protected, so you can feel safe sharing the details of your stresses.

Android



### Mindshift

This app helps you gain insight and skills to manage your symptoms of anxiety.

*Available on Android, iPad, iPhone*



### Moodpanda

This app is helpful for mood tracking which gives visual feedback.

*Available on iPhone, iPad, Android and web browser*



### Smiling Mind

This app helps if you are experiencing stress, anxiety or depression. It teaches you mindfulness meditation for specific age groups to help you feel happier!

*Available on iPhone, Android*



### WorryTime

This app allows you to set a time and place to deal with worries each day. At worry time you can set actions.

*Available on iPad and iPhone*



### Flowy

This app is a game designed to help with panic attacks and anxiety using breathing techniques.

*Available Android, iPhone*