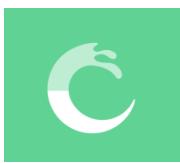


Anxiety Apps	+	-
<b>Stop, Breathe &amp; Think</b>  	<ul style="list-style-type: none"> <li>• This app guides you to: STOP what you are doing. Check in with what you are thinking, and how you are feeling.</li> <li>• BREATHE- Practice mindful breathing to create space between your thoughts, emotions and reactions.</li> <li>• THINK - Learn to decrease anxiety and increase calm through guided meditation.</li> </ul>	<ul style="list-style-type: none"> <li>• A “premium” (paid) subscription is required to access some features</li> </ul>
<b>Headspace</b>  	<ul style="list-style-type: none"> <li>• Ten 10-minute FREE sessions on how to meditate and practice mindfulness</li> <li>• Short video tutorials with good visualization</li> <li>• There is a kids’ section organized by age group</li> <li>• Very user-friendly</li> </ul>	<ul style="list-style-type: none"> <li>• In order to get sessions on a specific topic OR single sessions you must pay for a subscription</li> <li>• Kids section is NOT free</li> <li>• No mood tracker</li> </ul>
<b>MindShift</b>  	<ul style="list-style-type: none"> <li>• Helps you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety</li> <li>• Also includes tools to tackle specific issues like test anxiety, social anxiety, panic, perfectionism, and sleep issues.</li> <li>• Comprehensive and easy to use!</li> </ul>	<ul style="list-style-type: none"> <li>• Not designed for younger children</li> </ul>
<b>Pacifica</b>  	<ul style="list-style-type: none"> <li>• Provides daily tools for handling stress and anxiety</li> <li>• Mood and thought tracker</li> <li>• Set daily goals</li> <li>• Can track health habits like sleeping</li> <li>• Easy to use</li> </ul>	<ul style="list-style-type: none"> <li>• You can record your thoughts for that day then pick out the negative and positive thought but it can be difficult to get privacy to use this feature</li> </ul>
<b>Daylio Diary and Mood Tracker</b>  	<ul style="list-style-type: none"> <li>• Rate your day on this app (it gives five options; the defaults are: Rad, Good, Meh, Fugly, Awful) and list what you did that day</li> <li>• No long entries needed</li> <li>• It keeps stats and has a calendar view</li> </ul>	<ul style="list-style-type: none"> <li>• No tool included, is a mood and activity tracker only</li> </ul>