


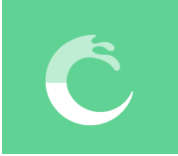



Anxiety Apps	+	-
<p>Stop, Breathe & Think</p> 	<ul style="list-style-type: none"> • This app guides you to: STOP what you are doing. Check in with what you are thinking, and how you are feeling. • BREATHE- Practice mindful breathing to create space between your thoughts, emotions and reactions. • THINK - Learn to decrease anxiety and increase calm through guided meditation. 	<ul style="list-style-type: none"> • A “premium” (paid) subscription is required to access some features
<p>Headspace</p> 	<ul style="list-style-type: none"> • Ten 10-minute FREE sessions on how to meditate and practice mindfulness • Short video tutorials with good visualization • There is a kids’ section organized by age group • Very user-friendly 	<ul style="list-style-type: none"> • In order to get sessions on a specific topic OR single sessions you must pay for a subscription • Kids section is NOT free • No mood tracker
<p>MindShift</p> 	<ul style="list-style-type: none"> • 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 • Also includes tools to tackle specific issues like test anxiety, social anxiety, panic, perfectionism, and sleep issues. • Comprehensive and easy to use! 	<ul style="list-style-type: none"> • Not designed for younger children
<p>Pacifica</p> 	<ul style="list-style-type: none"> • Provides daily tools for handling stress and anxiety • Mood and thought tracker • Set daily goals • Can track health habits like sleeping • Easy to use 	<ul style="list-style-type: none"> • 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
<p>Daylio Diary and Mood Tracker</p> 	<ul style="list-style-type: none"> • 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 • No long entries needed • It keeps stats and has a calendar view 	<ul style="list-style-type: none"> • No tool included, is a mood and activity tracker only