

Useful Apps for Coping and Calming



Mindshift App – AnxietyBC

<https://www.anxietybc.com/resources/mindshift-app>

Headspace – Your Gym, Membership for the Mind

<https://www.headspace.com/how-it-works>

Optimism Apps

<http://www.findingoptimism.com/>

Take a Break! – Guided Meditations for Stress Relief

<https://itunes.apple.com/ca/app/take-break!-guided-meditations/id453857236?mt=8>

Relax HD – Stress and Anxiety Relief App Review: an effective stress-reliever app:

<http://www.apppicker.com/reviews/21493/Relax-HD-Stress-and-Anxiety-Relief-app-review>

Mindfulness for Beginners – Jon Kabat-Zinn By Sounds True

<https://itunes.apple.com/ca/app/mindfulness-for-beginners/id666339305?mt=8>

OT's with Apps & Technology – The Shredder App from SOSH

<https://otswithapps.com/2011/11/16/the-shredder-app-from-sosh/>

Here are some of the other applications we have used on our ipads:

OMM – one moment meditations, on an android device it will narrate a 1 minute meditation out loud for a participant to follow, it's quick and easily implements in a stressful situation when out in the community.

<http://www.onemomentmeditation.com/app/#.V6NcBp7mpD8>

Stop, Breathe & Think: Meditation tailored to your emotions- an app that will track/log meditation practice

<https://itunes.apple.com/ca/app/stop-breathe-think-meditation/id778848692?mt=8>

Happify: Science-Based Activities and Games for Stress and Anxiety Relief

<https://itunes.apple.com/ca/app/happify-science-based-activities/id730601963?mt=8>

RespiRelax, By Les Thermes d'Allevard

<https://itunes.apple.com/ca/app/respirelax/id515900420?mt=8>