

# MOBILE APPS

Mobile apps can be useful tools on their own or as an adjunct to therapy. The College does not review, control, or take responsibility for the content of those applications. Here are a few that you might find helpful:

## Anxiety

- **What's up? For iPhone/Android**

This app uses cognitive behavioral therapy to help you to identify thinking patterns and the sources of your anxiety. It features breathing techniques, habit and anxiety trackers, positive quotes, and forums.

- **MindShift for iPhone/Android**

MindShift is designed to provide you with tools for managing various types of anxiety, including test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict.

## Deep Breathing/Progressive Muscle Relaxation

- **Autogenic Training and Progressive Muscle Relaxation for iPhone**

Contains an autogenic relaxation session, progressive muscle relaxation, and relaxation exercises for breathing.

- **Belly Bio for iPhone**

Put the iPhone on your stomach. Breathe deeply. Enjoy... For more advanced deep breathers.

- **Relax Me for Android**

Based on progressive muscle relaxation, this app is designed to help you energize and unwind.

- **Peaceful Breathing Lite for Android**

Set up the count for breathing in and breathing out, the tempo of the count, and how long you want the program to run.

## Mindfulness Meditation

- **Calm**

- Need to relax? Calm is where you can go. The website or the app encourages you to meditate for a couple of minutes as you watch relaxing nature scenes and listen to soothing music.

- **Headspace for iPhone and Android**

Headspace is a free meditation program that gives you a taste of meditation practice in 10 minutes/day.

- **Stop, Breathe & Think**

For iOS, Android, and Web. A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.

- **Mindfulness Meditation for iPhone**

Mindfulness-based technique for stress reduction have scientifically proven health benefits. Guided mindfulness meditations were written and narrated by Stephan Bodian, author of the Meditation For Dummies®.

## Negative Thoughts

- **Fliphead Thought Stopping for iPhone/Android**

This app uses the tenets of Cognitive Behavioral Therapy to help you learn how to control and/or eliminate the negative thoughts and beliefs that can have a detrimental impact on your body, emotions, and behavior.

- **Intend-The Change Reminder**

- This application helps to remind you of the intentions you set. You can program the app to send you random reminders throughout the day such as, “be confident.”

## Sleep

- **Deep Sleep with Andrew Johnson for iPhone/Android**

This application is a guided meditation intended to help you overcome insomnia and get to sleep.

- **Sleep Soundly Hypnosis for iPhone/Android**

This session combines guided imagery with deep relaxation techniques.

- **Sleep Deeply for iPhone/Android**

This application combines hypnotic guided imagery with sounds designed to gently guide the mind to sleep. It also includes a hypnosis session to help you rid your mind of negative thought patterns and video interviews about hypnosis to help you feel really comfortable with the process.

## Safety

- **Virtual Hope Box**

This application gives several immediate options for coping with stress and regulating emotions (distraction, meditation, relaxation, etc.). This application allows you to upload photos, favorite songs, inspirations quotes, videos, and other customizable feature.

- **ReliefLink for iPhone**

This app helps users track daily moods/thoughts, creates safety plans, locates the nearest hospital, and obtains access to coping methods.

- **Circle of 6 for iPhone**

This app allows a person to connect with your most trusted friends to stay close in an attempt to prevent violence before it happens. If one gets into an uncomfortable satiation, uses Circle of 6 to automatically send your six friends a preprogrammed SMS alert message with your exact location.

- **Quit Drinking for Android**

This app helps people cope with the emotional and physical cravings of alcohol.