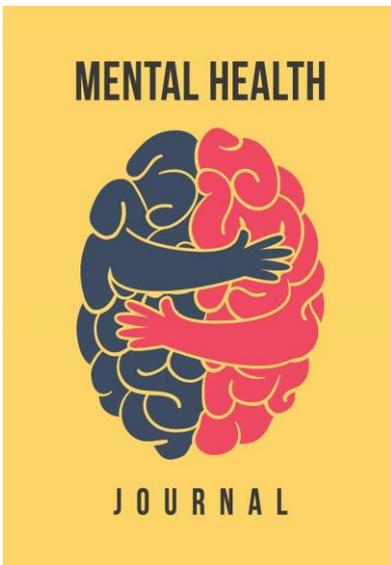




**Anxiety Reduction,**  
**Stress Management,**  
**& Coping**



By: Tanem Coskun

Retrieved from:

<https://www.unf.edu/counseling-center/Apps.aspx>



**MindShift**

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.



**PTSD Coach**

PTSD Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.



## **Breathe2Relax**

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management.



## **Pacifica for Stress & Anxiety**

Stress, anxiety, and depression can get in the way of you living your life. Pacifica gives you psychologist-designed tools to address them based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation, and mood/health tracking.



## **End Anxiety Hypnosis - Stress, Panic Attack Help**

This anxiety help app is designed to show you how to reduce anxiety and to learn anxiety management techniques.



## **What's Up? - A Mental Health App**

What's Up? is a fantastic free app utilizing some of the best CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!



## **Tactical Breather**

Tactical Breathing Trainer can be used to gain control over physiological and Psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and Psychological responses to your body during stressful situations.



## **Bias Modification**

Bias Modification is an app/game that is based on the research in Cognitive bias modification (CBM). CBM has been shown to help overcome the tendency to focus on negative or threatening social cues. CBM does this by making you repeatedly select positive over negative information.



## **Grief: Support for Young People**

The app has information about bereavement, grief, feelings and how to help yourself. You can also read others' stories and watch short films written and made by bereaved young people. It is for 11-25-year-olds who have been bereaved of someone important to them. It can also be used by friends, teachers, parents and professionals who would like to know how to support bereaved young people.



## **SuperBetter**

SuperBetter increases resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles. Playing SuperBetter makes you more capable of getting through any tough situation-and more likely to achieve the goals that matter most to you.



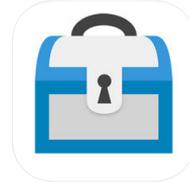
## **Happify: for Stress & Worry**

Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.



## **Self-help for Anxiety Management**

Self-help for Anxiety Management (SAM) is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety. SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.



## **MoodTools - Depression Aid**

If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery. MoodTools contains several different research-supported tools.



## **nOCD: Effective care for OCD**

The nOCD app allows you to continue treatment throughout the week and eliminates many of the barriers to successful treatment. No more carrying paper and pen around, or forgetting therapy because you're busy. If you're looking for an easier way to feel better, try nOCD. nOCD, Inc. is not a treatment company, and the nOCD app is not intended as a standalone treatment.