

Self Help Resources – Apps

Breathe2Relax

<https://breathe2relax.soft112.com/>

A stress management tool, providing information on the effects of stress on the body and instructions to practise diaphragmatic breathing to decrease the body's 'fight-or-flight' (stress) response. It could be helpful for managing symptoms of stress, anxiety disorders and PTSD.

Insight Timer

www.insighttimer.com

It has over 2000 guided meditations. You can customise a meditation, such as background sound and length of time, to suit your liking. It also has a social component to connect with other meditators all over the world.

MindShift

www.anxietybc.com/resources/mindshift-app

Designed to help teens and young adults to cope with anxiety, including generalized anxiety