


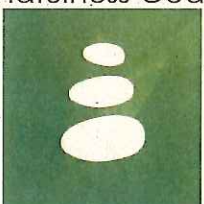






Self-Help Apps

Worry, Stress & Anxiety		
App & Rating	Features	What's good about it?
The Worry Box  Android ★ ★ ★ ★	<ul style="list-style-type: none"> • Use the Worry diary to help you work out how best to deal with a worry • Audio exercises to help you manage your worries • A large variety of audio relaxation exercises to help reduce stress and anxiety, manage emotions, and practice mindfulness 	<ul style="list-style-type: none"> • Free to use • Customisable features such as password protection and design • Personalise the worry management and coping strategies • Suggests relevant articles to read
Mind Shift  Apple & Android ★ ★ ★ ★	<ul style="list-style-type: none"> • Explains anxiety, fight/flight response and safety behaviours • Strategies to help with perfectionism, social anxiety, performance anxiety, worry, panic and conflict • Relaxation and mindful breathing audios 	<ul style="list-style-type: none"> • Inspirational quotes to help boost motivation • Selected for Best Meditation Apps of 2014 by HealthLine.com • Recommended on Radio 4 programme "All in the Mind"
Anti-Stress Quotes  Apple ★ ★ ★ ★	<ul style="list-style-type: none"> • Daily motivational, positive quotes to help encourage individuals dealing with worry, anxiety and stress 	<ul style="list-style-type: none"> • Free to use • CBT oriented
Self-help Anxiety Management  Apple & Android ★ ★ ★ ★	<ul style="list-style-type: none"> • 25 self-help options covering a range of topics, including thinking, physical relaxation, mental relaxation and lifestyle. • Build your own anxiety toolkit of resources • Includes a closed social network of users of the app 	<ul style="list-style-type: none"> • Free and easy to use • Helpful calming exercises • Developed by a team of psychologists from the University of West England • Included in HealthLine's Best 15 Anxiety Apps 2015



<p>Stop Panic and Anxiety</p>  <p>Android ★★★★☆</p>	<ul style="list-style-type: none"> • Helpful for individuals with panic disorder or suffering with panic attacks • Panic Assistance Audio can coach you through a panic attack to help you tolerate and control the symptoms • Also includes Emotional Training and Relaxation audios • 50 self-help tools for anxiety 	<ul style="list-style-type: none"> • Free to use • CBT oriented • Extremely thorough explanation of panic symptoms • Can be password protected
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Relaxation & Meditation		
App & Rating	Features	What's good about it?
<p>Qi Gong Meditation Relaxation</p>  <p>Android ★★★★☆</p>	<ul style="list-style-type: none"> • Includes Qi Gong Meditation videos • Includes audio relaxation, with or without background music • Mindfulness training 	<ul style="list-style-type: none"> • Free to use • Easy to understand
<p>Free Meditation – Take a Break</p>  <p>Android ★★★★☆</p>	<ul style="list-style-type: none"> • Voice guided step-by-step relaxation exercises, with or without music • Two separate relaxation exercises; 7 minute Work break exercise, and a 13 minute Stress Break exercise. 	<ul style="list-style-type: none"> • Helpful for busy people who need quick guided relaxation • Particularly helpful for workplace stress
<p>Mindfulness Coach</p>  <p>Apple</p>	<ul style="list-style-type: none"> • Learn more about the practice of mindfulness • Practice a variety of mindfulness techniques including mindful breathing, mindful walking, and body scanning 	<ul style="list-style-type: none"> • Free to use • Track your practice and progress • Choose between audio guided and self-guided exercises

Sleep		
App & Rating	Features	What's good about it?
<p>Sleep Time Alarm Clock</p>  <p>Apple & Android ★★★★</p>	<ul style="list-style-type: none"> • Detects your movements in the night to determine what stage of sleep you are in. This information is used to set your alarm off at the "perfect moment", so that you wake up easily and feeling refreshed. • Analyses sleep efficiency 	<ul style="list-style-type: none"> • Free to use • Rated the best sleep app in nine different countries • Information displayed in graphs to help you compare your sleep over time
<p>iSleep Easy Meditations Free</p>  <p>Android ★★★★</p>	<ul style="list-style-type: none"> • Sleep Affirmations help set the scene for falling asleep • Belly Breathing exercise to help you feel more relaxed • Relax into Sleep meditation exercise helps you fall asleep 	<ul style="list-style-type: none"> • Developed by Richard & Mary Maddux who have been practising and teaching meditation for 30 years • You can choose to listen with or without music or rain sounds

CBT Techniques		
App & Rating	Features	What's good about it?
<p>Wunderlist</p>  <p>Apple & Android ★★★★½</p>	<ul style="list-style-type: none"> • To-do list app which can help with behavioural activation and worry management • Attach images and PDF files • Share lists and delegate tasks 	<ul style="list-style-type: none"> • Free to use • Helps plan how to achieve goals and to tick them off when they're done • Set a reminder for tasks that need doing
<p>Mood Tools – Depression Aid</p>  <p>Apple & Android ★★★★½</p>	<ul style="list-style-type: none"> • Includes tools to help with behavioural activation and a Thought Diary to help identify negative and distorted thinking patterns • Track your mood using the PHQ9 questionnaire • Includes tips on lifestyle • Create a Safety Plan 	<ul style="list-style-type: none"> • A purely non-profit venture designed to help people with depression • Links to helpful videos on YouTube, such as meditation exercises and relevant TED talks • Thorough explanation of depression and CBT.



<p>Be S.M.A.R.T</p>  <p>Apple</p>	<ul style="list-style-type: none"> • Explains the principles of setting S.M.A.R.T goals • Examples of "wrong goals" and S.M.A.R.T goals • Set unlimited goals and include a plan of how to achieve each one 	<ul style="list-style-type: none"> • Set reminders for completing goals • Assign priorities to goals • Achieved goals are stored so you can review your progress
<p>The CBT App</p>  <p>Apple</p>	<ul style="list-style-type: none"> • Includes instructions for 5 well-known CBT techniques including thought challenging and behavioural experiments • Mood tracking tool 	<ul style="list-style-type: none"> • Simple instructions • Helps individuals work through and understand a variety of recognised CBT techniques

Lifestyle		
App & Rating	Features	What's good about it?
<p>Drinkaware</p>  <p>Apple & Android ★★★★</p>	<ul style="list-style-type: none"> • Track the units and calories of your alcohol intake • Learn about the health benefits of cutting down • Receive regular and personalised feedback 	<ul style="list-style-type: none"> • Developed by the UK's leading alcohol education charity • Has previously been the Guardian's "App of the Week"
<p>Change 4 Life</p>  <p>Apple & Android</p>	<ul style="list-style-type: none"> • Several apps available from NHS Change 4 Life including Smart Recipes, Sugar Smart, Smart Restart, and the Fun Generator. • These apps all promote a healthy lifestyle, encouraging healthy eating and exercise 	<ul style="list-style-type: none"> • Free to use • Suitable for the whole family
<p>Smokefree</p>  <p>Apple & Android ★★★★</p>	<ul style="list-style-type: none"> • A four week programme providing practical support for giving up smoking • Includes daily motivational messages, a savings calculator, crave-busting tips and a progress indicator 	<ul style="list-style-type: none"> • Free to use • Record your own motivations such as pictures, videos or audio messages • Share your progress indicator with others

<p>Couch to 5K</p>  <p>Apple & Android ★★★★★</p>	<ul style="list-style-type: none"> • Nine week 5km training programme for novice runners • Intervals of walking and running so you can train at a steady pace, with audio instructions • Track your progress, distance and pace 	<ul style="list-style-type: none"> • 2012 Appy Award for best Healthcare & Fitness app • Allows you to listen to your own music at the same time using the in-app music player • Map your routes with Free GPS support
<p>Map my Fitness Workout Trainer</p>  <p>Apple & Android ★★★★★</p>	<ul style="list-style-type: none"> • Log and record your workouts • Record GPS-based workouts with voice-based feedback about pace, route, distance and calorie burning 	<ul style="list-style-type: none"> • Free to use • Database includes 600 different workouts • Share your progress and workouts on social media
<p>Runtastic</p>  <p>Apple & Android ★★★★★</p>	<ul style="list-style-type: none"> • Track your running, walking, cycling and more • Provides key statistics including your time, distance, pace and calories burned • Detailed mapping • Create, browse and find routes to save to your phone 	<ul style="list-style-type: none"> • Free to use • Allows you to set yourself training goals • Session is paused automatically when you stop moving • Able to listen to music at the same time as using the app
<p>My Fitness Pal</p>  <p>Apple & Android ★★★★★</p>	<ul style="list-style-type: none"> • Record your daily food intake and count calories • Record daily exercise and see how many calories you've burnt • Provides nutritional information on your diet, including intake of salt, sugar and fat • Tell the app your goal weight, how much weight you would like to lose a week and your activity level and it will calculate your recommended daily calorie intake. 	<ul style="list-style-type: none"> • Free and easy to use • Database contains over 5 million foods • Add your own home cooked meals to the database • Will sync to your FitBit device