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A Message from the Mission Division of Family Practice's Community Resource Navigator,

The world is experiencing a pandemic filled with uncertainty and anxiety. It is a time where many individuals are experiencing difficult emotions and unaware of how to manage it. The impact of it can carry a range of challenges, which can be harmful to both our mental and physical health. The following is a list of various apps available to download on your mobile device to help manage any stress, anxiety, or depression you may be experiencing during this time.

Sanvello

Sanvello provides holistic tools and clinically validated techniques strategies to provide relief. The app has a tool for tracking mood, health, and thoughts, which aids in keeping tabs on yourself and notice patterns. It also has audio lessons and activities created by psychologists to help manage stress, anxiety, and depression., and a range of deep breathing and library of mindfulness mediations. Sanvello also allows you to connect with others within their chat groups and discussion communities.

Happify

Happify offers effective, evidence-based solutions for better mental health. The app helps to overcome negative thoughts, stress, and life's challenges by brining you practical tools to take control of your emotional well being. Majority of the app's frequent users get happier in just two months.

Breathe2relax

Breathe2relax is a portable skill rehearsal tool for practicing diaphragmatic breathing, which includes benefits such as reduction of stress, tension, and anxiety.

Headspace

Headspace uses meditation as an exercise for the brain, which builds up areas and enhances traits such as focus and decision making and diminishes the less positive ones such s fear and stress. The app carries guided exercises, videos, and games to help you get healthier and happier. It also includes tons of articles, inspiring stories, mini meditations and sleepcasts to aid in a restful sleep.

Mindfulness Daily

Mindfulness Daily contains short mindful intention, daily lessons and practices to carry on throughout your day, and unwind with a reflection of your day.

Personal Zen

Personal Zen contains games and exercises that help to reduce stress and anxiety within minutes and build resilience overtime. The app includes brain-training exercises, tips for managing stress, and goal tracking.

Calm

Calm has various ways to help with calming by meditating, having a restful sleep, and relaxing. It contains soothing background sounds, and a programme to help you meditate for 7 days.

Adult Coloring

Adult coloring is an app, which provides peaceful color therapy. Coloring is a great way to relax and unwind while you create amazing works of art.

Relax Melodies

Relax melodies is a great app for those who are having troubles sleeping. The app offers sounds and melodies to aid in getting a full night sleep.

Buddhify

Buddhify is an app that caters to what you are doing or how you are feeling. There are various guided meditations whether you are walking, on a work break, going to sleep, or even waking up. The app also offers social meditation which only work if you are with other people whether it is a friend, partner, or colleague, making it a special and unique experience.

GPS for the Soul

This app requires feedback to help you determine the level of stress present, which will then help you find tools to manage stress. The tools may include calming pictures or music.

Stress Doctor

The Stress Doctor contains stress releasing deep breathing exercises and a heart monitor so you are able to see changes to your body in real time.

Best Regards,

Katelyn Pesut
Community Resource Navigator

