

## Therapeutic Apps

**Booster Buddy:** Free app designed to help teens and young adults improve their mental health. Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.

**Breathe2Relax:** This is a helpful free app that provides information on the effects of stress on the body, and provides instruction for a stress relief technique called diaphragmatic breathing.

**Buddha Board:** Buddha Board is based on the Zen concept of living in the moment, you create your design on the screen, and then as it slowly disappears, you are left with a clean slate and a clear mind -- ready to create a new masterpiece.

**Buddha Quotes 500:** Inspiration quotes to help you feel calm and centered.

**Calm:** Calm provides guided relaxation sessions from 2-20 minutes.

**Happify:** Cutting-edge science-based activities and games to overcome negative thoughts, anxiety, and everyday stress.

**Headspace:** Makes practicing simple mindfulness techniques easy, from a variety of systems - helping fulfill our mission of a healthier, happier world, one mobile device at a time!

**MindShift:** Helps you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic and conflict.

**Relaxing with Andrew Johnson:** Teaches relaxation techniques, which have proved helpful with insomnia, anxiety, pain control, PTSD, and many other stress symptoms.

**Relaxing Melodies:** Select sounds and melodies that you like and combine them to create a mix. Adjust the volume of each sound individually. Can help you to fall asleep and can be set to alarm and timers.

**Relaxing Sounds of Nature:** Create your own visual and sounds boards by mixing and matching calming sounds with peaceful landscapes.

**Silent Island:** Over 140 minutes of calming melodies, nature sounds, videos, and slide shows to aid in relaxation.

**Sleep Machine:** Provides a huge assortment of professionally mastered ambient sounds designed specifically for achieving a total relaxed state and improving sleep. Can be set to timers.

**Sleep Stream:** Provides soothing sounds from nature, gentle audio atmospheres, music, and hypnosis audio tracks to help you sleep, relax, meditation, focus, re-energize and lift your mood.

**Smiling Mind:** Meditation app designed especially for young people.

**Stress Tracker:** This app helps you identify sources of stress and potential triggers.

**Take a Chill:** Contains mindful exercises and activities intended to help teens manage daily stress—for example, when they're studying for tests.

**Virtual Hope Box:** Contains simple tools to help patients with coping, relaxation, distraction, and positive thinking.

**Walking Meditation:** Meditations designed to use while you're walking.

**The Worry Box:** This interactive app acts like a diary and helps you figure out what you're worried about.