




Stress/Anxiety Apps for Teens and Kids

 <p>Mindshift</p>	<p>Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.</p>
 <p>Anxiety Reliever</p>	<p>Anxiety Reliever is an app that enables users to track anxiety symptoms and provides relaxation exercises. A limited version of the app is available for free and the full app can be bought.</p>
 <p>Pacifica</p>	<p>Ranked by Apple as one of its best mental-health apps of 2017, Pacifica is both easy to use and beautifully designed with a soothing purple and blue interface. The app provides space for you to track your moods, health, and habits, offering relaxation techniques and mindfulness exercises tailored to your specific needs.</p>

MAYO
CLINIC



Anxiety Coach

Anxiety Coach is a self-help app that addresses fears and worries using CBT strategies. The app walks you through making a list of feared activities and helps you master them, leading to less fear and worry. The app includes tools for a severity self-test, making a plan, anxiety tracking, and viewing your progress.



Stop, Breath, Think

Check in with how you're feeling, and try short activities tuned to your emotions.



**Stop, Breath, Think
Kids**

Think Kids offers children a fun and easy way to identify and process their emotions. From counting breaths to friendly wishes or frog jumps, each activity brings fun rewards to keep them engaged



DreamyKid

The DreamyKid meditation app offers meditation, guided visualization and affirmations curated just for children & teens. It uses proven techniques that teach your kids methods to guide them towards a happier life through mindfulness.



Breathing Bubbles

Breathing Bubbles is an app that helps kids practice releasing worries and focusing on good feelings by allowing kids to select the emotion they are feeling and how strongly they are feeling it. Kids can choose to handle their emotion by releasing a worry or receiving a joy as Manny the Manatee walks them through deep breathing and visualization.



Happify

Happify claims that its games can help increase your happiness and reduce stress while teaching you life-changing habits.

Calm

Calm, a meditation and relaxation aid.. **Calm**, named the 2017 iPhone **app** of the year by Apple itself, promises to help users sleep better, boost confidence and reduce stress and anxiety, all with the help of guided meditations, soothing music, and bedtime stories.



Insight Timer

30,000 free guided meditations. Insight Timer believes everyone deserves access to a free daily meditation practice. Which is why we publish the world's largest collection of free guided meditations, with over 30,000 titles.