

## 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](http://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](http://www.anxietybc.com/resources/mindshift-app)

Designed to help teens and young adults to cope with anxiety, including generalized anxiety disorder, social anxiety and panic attacks. It also offers tools for managing worry, test anxiety, performance anxiety and perfectionism.

### **PTSD Coach**

[www.ptsd.va.gov/public/materials/apps/ptsdcoach.asp](http://www.ptsd.va.gov/public/materials/apps/ptsdcoach.asp)

It provides information on PTSD (post-traumatic stress disorder) and treatment resources, and tips for managing common PTSD symptoms that can often occur after trauma.

### **Pzizz**

[www.pzizz.com](http://www.pzizz.com)

It is designed to help to overcome insomnia and to take power naps during the day, using a combination of music, words, sound effects and binaural beats. It has more than 10 billion possible combinations of sleeping soundtrack.

### **SAM – Self-help Anxiety Management**

[www.sam-app.org.uk](http://www.sam-app.org.uk)

Helps to understand what causes anxiety, monitor anxious thoughts and behaviour over time and manage anxiety through self-help exercises and private reflection.

### **Self-heal**

[www.self-healapp.co.uk/](http://www.self-healapp.co.uk/)

Guides the management and reduction of self-injury using a gallery of images selected to motivate recovery. It also provides crisis management suggestions, relevant links, information and phone numbers.