



Phoenix House  
Rising Above Addiction

## STRESS & ANXIETY MANAGEMENT: APPS FOR TEENS/ADULTS

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Our smartphones can be used for all sorts of fun games and apps, but technology can also be a great tool for developing coping strategies for mental health difficulties, organizing school work, and staying safe. Following is a list of some apps that are highly rated.

- **Acupressure: Heal Yourself:** guides you to the various pressure points that you can self-massage to get relief from anxiety, pain, addiction, and other common disorders; iPhone/Android, \$1.99
- **BellyBio Interactive Breathing:** biofeedback app monitors breathing and plays ocean sounds to encourage relaxing; iPhone, free
- **Breathe2Relax:** guides you through diaphragmatic breathing (or “belly breathing”), allows you to record your own stress level, and provides informative videos and graphics about the consequences of stress; iPhone/Android, free
- **Buddhify:** a modern mindfulness app with guided imagery and meditation exercises for bedtime, after school, study breaks, and more; iPhone/Android, \$3.00
- **Free Relaxing Sounds of Nature:** 25 soothing nature sounds, plus another 35 sounds that you can use to craft your own relaxation soundtrack; iPhone, free
- **Headspace:** features guided meditations and mindfulness techniques; iPhone/Android, free
- **I Can Be Free:** guided exercises that focus on anxiety, fears, phobias, confidence; iPhone/Android, free
- **iStudiez Pro:** helps students track homework assignments and due dates; alerts students about assignments and approaching due dates; iPhone, \$2.99
- **Kitestring:** a personal safety service that checks up on you at a determined time; texts you to make sure you are safe; web-based app, free
- **MindShift:** teen-targeted app teaches relaxation skills, develops new thinking, suggests healthy activities; iPhone/Android, free
- **Moods:** mood tracking app--enter how you're feeling at any time of day, and use these inputs to track and identify patterns; iPhone, free
- **MyQuit Coach:** application designs a personal plan to help quit smoking; sets goals, adjusts preferences, can link to social media for friends/family support; iPhone, free
- **Nature Sounds Relax & Sleep:** soothing nature sounds that you can use to craft your own relaxation soundtrack; Android, free
- **Operation Reach Out:** suicide prevention tool particularly for those involved in or have family members in the military; iPhone/Android, free
- **Optimism:** track moods, providing space to keep daily records of symptoms, triggers, and “stay well strategies,” and then visualizes that data with graphs; iPhone, free
- **Otter:** an app that can auto-reply to text messages; helps reduce urge to text and drive; Android, free

- **Pacifica:** lets you rate and track mood over time, and provides guided deep breathing and muscle relaxation exercises, daily antianxiety experiments, and health goals; iPhone/Android, free
  - **PTSD Coach:** educates users about PTSD and its treatment, offers a self-assessment tool, links users up to support groups, and provides stress management tools; iPhone/Android, free
  - **Relax & Rest Meditations:** slow down and relax with a five, 13, or 24-minute guided meditation; iPhone/Android, \$1.99
  - **Relax Melodies:** offering a bank of over 50 sounds and tunes that each user is allowed to mix and customize to their preference; iPhone/Android, free
  - **Samkai:** this app rewards you for not texting and driving; when you drive safely you receive points that can be redeemed for discounts and gift cards; iPhone, free
  - **Self-help for Anxiety Management:** self-help methods for managing anxiety; iPhone/Android, free
  - **SexPositive:** information about STIs, safety, communication tips, and healthy advice; developed by University of Colorado Boulder and University of Oregon; iPhone, free
  - **Sleep As Android:** compares different nights' sleep over time; helps evaluate your whole sleeping history; Android, free
  - **Sleep Cycle Alarm Clock:** analyzes and graphs sleep quality; wakes you up during your lightest sleep; iPhone, \$0.99
  - **Sleep Time:** lets you fall asleep and wake to ambient, relaxing sounds, plus it tracks your sleep patterns and provides feedback on the quality and quantity; iPhone/Android, free
  - **Smiling Mind:** an app to help develop mindfulness; programs tailored for specific age groups (7-11, 12-15, 16-22, and adult); iPhone/Android, free
  - **Stop Panic & Anxiety:** made specifically for people suffering from panic disorders, it uses cognitive behavioral therapy (CBT) approaches to help users reframe their destructive thought patterns that may lead to or worsen their anxiety; Android, free
  - **Stress Doctor:** guides you through a deep breathing exercise and provides real-time biofeedback by monitoring and graphing your pulse as you breathe; iPhone, \$4.99
  - **T2 Mood Tracker:** tracks symptoms of depression, anxiety, PTSD, traumatic brain injury, stress, and general well being; iPhone/Android, free
  - **What's Up?:** uses cognitive behavioral therapy (CBT) to train anxiety sufferers how to identify negative thinking patterns and the sources of their anxiety; iPhone/Android, free
  - **Worry Box:** is a password protected journal that asks questions & gives anxiety-reducing help; Android, free
  - **Worry Watch:** features a logbook for you to track your worries, including what you thought might happen and how the situation actually turned out; iPhone, \$1.99
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- **30/30:** helps with time management; set up a list of tasks and length of time for each task--when the timer starts it alerts you when it's time to move on to the next task; iPad, free