

7 Free Apps. to Help Manage Stress

1. • Calm

It should come as no surprise that Calm (calm.com) is designed to help you be calm. Calm provides a space for you to get away from it all, without having to go anywhere.

2. • Pacifica

Pacifica (thinkpacifica.com) is based on cognitive behavioral therapy and meditation, and has some great benefits, like tracking your mood and your health, daily goals, and a thought diary. Pacifica is great for both stress and anxiety.

3. • **Headspace** Headspace (headspace.com) is a comprehensive meditation app, with guided and unguided meditations to help you through all phases of your life. The free app offers ten sessions, with hundreds of hours of extra content if you love it and want to subscribe.

4. • **Stop, Breathe and Think Stop**, Breathe & Think (stopbreathethink.org) aims to give you exactly what it says in the title. The chance, and skills, to stop everything, just breathe, and think. The guided meditations cover a range of goals, and are constructed to help you take some time out and concentrate on yourself.

5. • Happify

Happify (happify.com) is grounded in the fields of positive psychology, mindfulness and cognitive behavioral therapy. As the name suggests, Happify's number one goal is to help us all feel happier, and more emotionally fulfilled.

6. • **Mindshift Mental** health issues can affect people of all ages, so it's fantastic that an app like Mindshift (anxietybc.com/resources/mindshift-app) has been developed. Designed primarily for teens and young adults, Mindshift focuses on issues that cause stress and anxiety within that age group.

7. [facebook.com/unmccfhl](https://www.facebook.com/unmccfhl)

[twitter.com.UNMCWellness](https://twitter.com/UNMCWellness)

• Self Help for Anxiety Management Self-help for Anxiety Management (sam-app.org.uk) is better known as SAM, and SAM is designed to help you learn more about your anxiety, build your own anxiety toolkit, and tailor your self-help to your own life.

