

# Useful apps

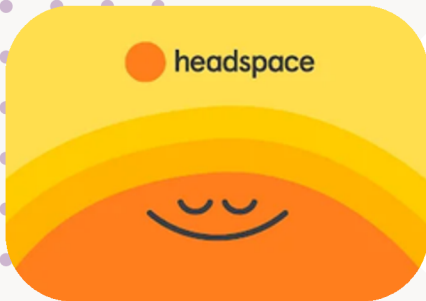
Some apps you may find helpful, with links to download



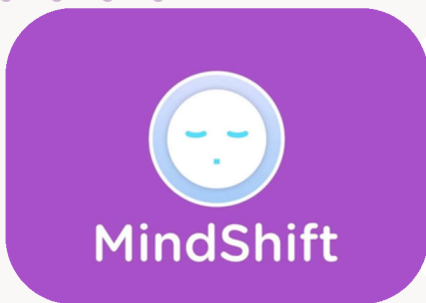
A meditation and relaxation app. It may help users sleep better, boost confidence and reduce stress and anxiety, with the help of guided meditations, soothing music & bedtime stories. Try Calm for free for 14 days: <https://www.calm.com/signup-flow>



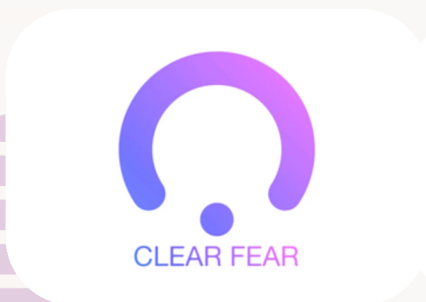
A unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind. Try Smiling Mind for free: [www.smilingmind.com.au/smiling-mind-app](http://www.smilingmind.com.au/smiling-mind-app)



Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. It'll give you a solid foundation to build your practice on. Try Headspace for free for 14 days: <https://www.headspace.com/>



MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax, be mindful, develop more effective ways of thinking, and to provide users with tools to tackle issues such as worry, panic, anxiety, perfectionism & phobias. <https://www.anxietycanada.com/resources/mindshift-cbt/>



This app offers evidence-based CBT help for anxiety, focusing on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app and track your progress. <https://www.clearfear.co.uk>