

Apps that may help with a balanced outlook:-



Happy Not Perfect

Learn to breathe right and calm your nervous system instantly. Release worries and let go of negative thoughts. Practise a positive mind-set and boost your mood. Meditate in a fun way with our guided, easy-listening sessions.



Smiling Mind

A range of programs for both children and adults, designed to assist in dealing with the pressure, stress and challenges of daily life.



MindShift

. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle:

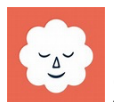
- Test Anxiety / Perfectionism / Social Anxiety / Performance Anxiety / Worry/ Panic/ Conflict



What's Up?

An app to help you cope with depression, anxiety, anger, stress and more!

- 12 common negative thinking patterns and simple methods to overcome them
- A positive and negative habit tracker. Set goals to practise those good habits while ending the bad ones!
- A catastrophe scale. Put your problems into a better perspective when things are too much
- A grounding game containing over 100 fun questions to help keep you grounded and in the present when stress is taking over
- 3 simple breathing techniques for keeping calm and relaxed



STOP THINK BREATHE

Tame your anxiety: reduce stress: sleep better: track your mood & progress:
Meditation & mindfulness for everyone:



SAM: Self-help for Anxiety Management

. 25 self-help options covering: Information about anxiety, Thinking and anxiety, Physical relaxation, Mental relaxation, Health and Anxiety