

Apps to Help You With Stress and Worry

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.



Research shows that slowing your heart rate can increase feelings of calmness in your body. Using simple visuals, ReachOut Breathe helps you to control your breath and measures your heart rate in real-time using the camera in your phone. This means that you can actively address the onset of physical stress symptoms such as shortness of breath, increased heart rate and a tightening of the chest.



Apple

Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life.



ReachOut WorryTime interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7.



Apple



Android

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. 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



Android



Apple

Think of MindShift as your portable coach helping you face challenging situations and take charge of your life.

SAM is an application to help you understand and manage anxiety. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.



Android



Apple