

APP RECOMMENDATIONS

Apps are a great way to access tools to support your mental well-being. One Mind PsyberGuide ([link: https://onemind.org/psyberguide/](https://onemind.org/psyberguide/)) is a great resource for helping you select a quality app. Below are a list of our favorite apps at CAPS.



Anxiety Coach

A comprehensive self-help tool for reducing a wide variety of fears and worries



Breathe2Relax

A stress management tool providing information on the effects of stress and exercises to help learn the stress management skill, diaphragmatic breathing



Calm

A mindfulness app targeting sleep, stress, and anxiety



Headspace

A guide to everyday mindfulness



Insight Timer

A guided meditation app to help calm the mind, reduce anxiety, manage stress, sleep deeply, and improve happiness



Liberate

A meditation app for the Black, Indigenous, and People of Color community to ease anxiety, heal internalized racism and micro-aggressions and celebrate Blackness



Mind Shift

An interactive tool to help you reorient your thinking, and behavioral strategies to help you take action and make lasting positive changes



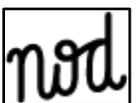
Mood Kit

A self-help tool to help you take action to improve your life, feel better by changing how you think, and develop self-awareness and healthy attitudes



My Life (formerly known as Stop, Breathe & Think)

A meditation and mindfulness app that helps you find your quiet place



Nod

Nod is an app that identifies key psychological and behavioral targets that empower students to break the cycle of disconnection and form more satisfying social connections.

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Sleepio

A sleep improvement program teaching you how to overcome poor sleep



SuperBetter

A game-based app designed to help build resilience and work towards achieving goals