

Apps to Help with Mindfulness, Mood, and Sleep

MindShift

“MindShift™ is an app designed to help teens and young adults cope with anxiety. It can help change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. 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: Making Sleep Count, Riding Out Intense Emotions, Test Anxiety, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, and Conflict.”

<https://www.anxietybc.com/resources/mindshift-app>

Headspace

“Learn to meditate and live mindfully: Hundreds of themed sessions on everything from stress to sleep; Bite-sized meditations for busy schedules; SOS exercises in case of sudden meltdowns.”

<https://www.headspace.com/>

Insight Timer

“The #1 free meditation app. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. Guided meditations and talks led by the world’s top mindfulness experts, neuroscientists, psychologists and meditation teachers from Stanford, Harvard, Dartmouth and the University of Oxford. Music tracks from world-renowned artists. With 10+ new free guided meditations added daily, more meditation is practiced on Insight Timer than anywhere else. Great for both beginners and experienced practitioners.”

<https://insighttimer.com/>

Breathe2Relax

“Lower your stress and reduce your anxiety with Breathe2Relax. Initially designed for the military community but beneficial for use by anyone, the relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health. Use the app’s breathing exercises to learn and practice the breathing technique on your own or as part of a stress management program supervised by your health care provider.”

<http://t2health.dcoe.mil/apps/breathe2relax>

T2MoodTracker

“T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very popular with many civilian users around the world. The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and a user’s general well-being. Users can also create items to track their progress in unique areas. The saved results are displayed in an easy-understand graph. The data is saved in a graphical or spreadsheet file which can be transferred by e-mail or other wireless connection.”

<http://t2health.dcoe.mil/apps/t2-mood-tracker>

Virtual Hope Box

“The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient’s own smartphone according to the patient’s specific needs. The patient can then use the VHB away from clinic, continuing to add or change content as needed. The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.”

<http://t2health.dcoe.mil/apps/virtual-hope-box>

Mindfulness Coach

“Mindfulness Coach will help you practice mindfulness meditation. Features include: Education about the benefits of mindfulness, Mindfulness exercises to practice on your own or with guidance, Strategies to help overcome challenges to mindfulness practice, Log of mindfulness exercises to track your progress, and Reminders to support your mindfulness practice.”

https://www.ptsd.va.gov/public/materials/apps/mobileapp_mindfulness_coach.asp

Positive Activity Jackpot

“Positive Activity Jackpot uses a professional behavioral health therapy called pleasant event scheduling (PES), which is used to overcome depression and build resilience. This app features augmented reality technology to help users find nearby enjoyable activities and makes activity suggestions with local options and the ability to invite friends. If you cannot make up your mind which fun thing to do, “pull the lever” and let the app’s jackpot function make the choice for you. While this app does not require clinical training to use, it should not be used as a substitute for treatment by a therapist.”

<http://t2health.dcoe.mil/apps/positiveactivityjackpot>

CBT-i Coach

“CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia. CBT-i Coach is intended to augment face-to-face care with a healthcare professional. It can be used on its own, but it is not intended to replace therapy for those who need it. CBT-i Coach is based on the therapy manual, Cognitive Behavioral Therapy for Insomnia in Veterans. CBT-i Coach was a collaborative effort between VA’s National Center for PTSD, Stanford School of Medicine, and DoD’s National Center for Telehealth and Technology.”
<https://mobile.va.gov/app/cbt-i-coach>

Moving Forward

“The Moving Forward mobile app and the companion online course features problem-solving therapy (PST) tools designed to teach skills for overcoming life problems. PST is an evidence-based cognitive behavioral treatment for depression and other distress. The primary features of the mobile app are problem-solving tools the user can use repeatedly over time.”
<http://t2health.dcoe.mil/apps/MovingForward>

Slumber

“Can’t sleep? With Slumber, you’ll fall asleep fast, and stay asleep throughout the night. Slumber is a collection of ultra-relaxing sleep stories and meditations designed to beat insomnia and help you fall asleep every single night. Here’s how it works: Choose a relaxing story or meditation to listen to as you fall asleep. All slumber tracks are designed to put you in a state of deep calm. Then, adjust the nature sounds and background effects to create the perfect ambiance, and you’ll stay asleep all night.”
<https://appadvice.com/app/slumber-fall-asleep-insomnia/1109543953>

RelaxMelodies

“Take back control of your sleep with Relax Melodies and join our community of millions that sleep better every day. Featured in People magazine, Mashable and many more. Start sleeping now and enjoy full nights of sleep like you haven’t in a long time. Select sounds and melodies that you like, combine them and adjust the volume of each sound to create a mix. Add one of our meditations specially designed for sleep, lay back, listen, and enjoy falling asleep.”
<https://itunes.apple.com/us/app/relax-melodies-sleep-sounds/id314498713?mt=8>

RelaxMeditation

“Learning and practicing meditation as an integral part of your day has been proven to increase the overall quality of your life. Our app Relax Meditation provides an immersive experience that approaches meditation from an everyday life perspective making it an easy, natural and simple activity for everyone.”
<https://itunes.apple.com/us/app/relax-meditation-mindfulness-sleep-sounds-noise/id367506176?mt=8>