

APP RECOMMENDATIONS

Apps are a great way to access tools to support your mental well-being. Below is a list of some of our favorite apps at CAPS. These can be found in your App Store.



ACT Coach: Tools, information, and tracking logs for Acceptance & Commitment Therapy



Insight Timer: Guided meditations to improve sleep and reduce anxiety



Beyond MST: Manage symptoms and improve quality of life for survivors of sexual assault or harassment



The Mindfulness App: The ultimate guide for mindfulness and meditation



Breathe 2 Relax: A stress management tool that teaches diaphragmatic breathing



Mind Shift: CBT strategies to manage anxiety, stress, and panic



Calm: Meditation and relaxation to improve sleep, stress, anxiety, and attention



My Possible Self: An interactive way to manage anxiety, depression, sleep, and overall wellbeing



CBT-i: Cognitive Behavioral Therapy specifically for insomnia and improving sleep habits



Smiling Mind: Learn skills that underpin wellbeing and create habits to thrive



Daily Breathing Exercises: Guided breathing exercises to improve breathwork



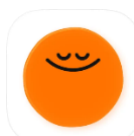
STAIR Coach: A self-help course that uses CBT techniques to help manage emotions & relationships.



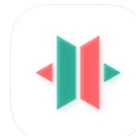
Finch: A self-care pet app designed to help improve stress and motivation



What's Up: A Mental Health App: CBT and ACT methods to help cope with anxiety, depression, anger, and stress



Headspace: Self-care for the mind; an expert guide on mindfulness and meditation



Worry Watch: A self-care app to track and manage anxiety and moods