

Helpful Apps

Search for these in your favourite app store



Breathe2Relax

- a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.



Calm

- Calm can help you meditate, sleep, relax, focus and much more. By downloading this app, you'll discover how meditation can improve your mood - and your life.



MindShift

- Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you 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.



Relax Melodies

- Select sounds and melodies that you like and combine them to create a mix. Adjust the volume of each sound individually for better results. Lay back, listen, and enjoy falling asleep. Is that simple and it works. Use timers and alarms if needed. Try different and new mixes every time!



Super Stretch

- Move, play and breathe as Super Stretch introduces you to his friends and their yoga poses. Super Stretch is your guide who takes you on your journey. Using storytelling, animation and video examples, kids enjoy making NAMASTE a part of their day. NAMASTE is The Adventures of Super Stretch's ret code to help kids learn to find balance and strength in their lives. Be the best you can be!



Stop Breathe Think

- Become more mindful and compassionate using our Meditation Guide. Check in daily, track your progress, and feel the calm.



Smiling Mind

- is modern meditation for young people. It is a unique web and App-based program designed to help bring balance to young lives, based on a process that provides a sense of clarity, calm and contentment.



Always There – Kid's Help Phone

- Some things can be hard to say out loud. If you need a little one-on-one time with someone who gets what's going on in your life, you can connect directly with a Kids Help Phone counsellor five days a week using the Always There chat app. Talk about anything. It's free, confidential and anonymous for young people living in Canada.



Mind Your Mood

- an easy-to-use app allowing you to track your mood securely. It features a choice of 7 mood-faces and 28 mood-words, so you can be as specific as you want, a scale to measure the intensity of your moods, the ability to add notes and 'flag' them for later conversations, an interactive reports that graph intense emotions for your review and a built-in email function so you can email your mood log to your counsellor for discussion.



Be Safe

- a mobile app that aims to help young adults make a decision about seeking help in a crisis. Features include creating a digital safety plan, informs about mental health and addiction resources, directs to best options based on need, creates a personal 'get help script' to help users find the words to reach out and empowers users to reach out safely.



Insight Timer

- an app for meditation and mindfulness practice available for iOS and Android. ... Insight Timer is an alarm that times your mindfulness practice while simultaneously helping you to use your smartphone as a spiritual link to a worldwide community of meditators using "insight connect."

Helpful YouTube Videos



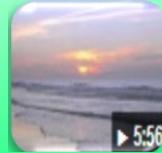
[Cosmic Kids Yoga](#)

[Cosmic Kids Zen Den](#)



["Just Breathe" – Julie Bayer Salzman & Josh Salzman \(Wavecrest Films\)](#)

["TIPS – Deep Breathing Exercise" \(NIHClinicalCenter\)](#)



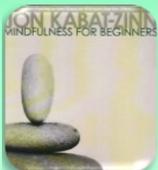
[Progressive Muscle Relaxation - for kids and adults! \(therapyYi\)](#)

Helpful CD's



[Sitting Still Like a Frog](#) - Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. (Eline Snel) Also available online at www.shambhala.com (search Sitting Still Like a Frog)

Fourteen fun and calming exercises (74 minutes) using music, breathing, muscle relaxation, and active imagination to soothe and release tension for use at home, school before anxiety producing events, bedtime, and anywhere stress reduction or relaxation is needed. (Roger Klein & Jeffrey Allen)



Explore five guided meditations that lead you breath by breath into the essence of Mindfulness-Based Stress Reduction (MBSR). (Jon Kabat-Zinn)