**Calming Apps**

**Breathe2Relax**

[https://apps.apple.com/us/app/breathe2relax/id425720246](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://apps.apple.com/us/app/breathe2relax/id425720246%26amp;sa%3DD%26amp;ust%3D1585331187133000&sa=D&ust=1585331187232000&usg=AFQjCNEcEFra9pPWJFWWzFOgiAbVBwOWew)

Breathe2Relax is a portable stress management tool that 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.Breathing exercises have been documented to decrease the body’s ‘fight-or-flight’ (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool or can be used in tandem with clinical care directed by a healthcare worker. Breathe2Relax now uses HealthKit and your Apple Watch device to measure your heart rate throughout your breathing exercise to help provide an even more complete picture of the relaxation experienced.

**Headspace Guided Meditation**

[https://www.headspace.com/meditation/guided-meditation](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://www.headspace.com/meditation/guided-meditation%26amp;sa%3DD%26amp;ust%3D1585331187134000&sa=D&ust=1585331187233000&usg=AFQjCNHuuiwgF4Ke5VvPBrRhhXBsd2xiGQ)

**Calm App-Meditation & Sleep Stories**

[https://apps.apple.com/us/app/calm/id571800810](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://apps.apple.com/us/app/calm/id571800810%26amp;sa%3DD%26amp;ust%3D1585331187134000&sa=D&ust=1585331187233000&usg=AFQjCNH5k6WAvgi5BhPFJMoml_tlfmAVpg)

**Mindshift CBT**

[https://www.anxietycanada.com/resources/mindshift-cbt/](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://www.anxietycanada.com/resources/mindshift-cbt/%26amp;sa%3DD%26amp;ust%3D1585331187135000&sa=D&ust=1585331187233000&usg=AFQjCNFi9bVXitY7CiDse8-tNOL61654Eg)

A user-friendly self-help tool based on proven scientific strategies, MindShift™ CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check-in each day to track their anxiety and work with tools in the app.

**Stop Breathe Think App (ages 5-10)**

[https://apps.apple.com/us/app/stop-breathe-think-kids/id1215758068](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://apps.apple.com/us/app/stop-breathe-think-kids/id1215758068%26amp;sa%3DD%26amp;ust%3D1585331187135000&sa=D&ust=1585331187234000&usg=AFQjCNG7vev2mzDELL1cxBeAHgvGWym41g)

**Breathe Think Do Sesame Street App**

[https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597%26amp;sa%3DD%26amp;ust%3D1585331187136000&sa=D&ust=1585331187234000&usg=AFQjCNFGgU8WZd7XsxMTMg39nRam2-zrCA)