STRESS APPS

These apps can help you manage stress.

Calm – Free
Calm can help you meditate, sleep, relax, focus and more. It features a 7-step meditation program, blissful music tracks, and guided meditation sessions for focus, relaxation, energy, creativity and sleep.

Personal Zen* – Free
Personal Zen is a fun game that’s clinically proven to reduce stress. Built by a team of neuroscientists and mobile developers, Personal Zen actually retrains your brain to lower stress and anxiety.

Stress Check – Free/ $1.99 (pro)
Developed by clinical psychologists, this app is an assessment tool that helps users understand and manage their personal stress.

Take a Break! – Free
Enjoy the deep relaxation, stress relief and benefits of meditation with this app. The app gives you the option to listen with or without music or nature sounds. You can also listen to relaxing music and nature sounds alone.

MindShift – Free
Learn to relax and identify active steps to take charge of anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools aimed at: test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic and conflict.

T2 Mood Tracker – Free
Developed by the Department of Defense National Center for Telehealth and Technology, this app allows users to monitor their moods on six pre-loaded scales: anxiety, stress, depression, brain injury, post-traumatic stress and general well-being. Users can also track their progression in other unique areas.

Headspace – Free
This app uses meditation and mindfulness techniques. Learn the basics of meditation, personalize a progress page and access hundreds of hours of original meditations. The app also features reminders to help you stay on track, and a “buddy system” for you and your friends to motivate each other.

*Please note that this app is only available for download on iPhone