

Relaxation/Breathing

Belly Bio

Teaches deep breathing techniques useful in fighting anxiety and stress. Free

Relax Melodies

Relaxation sounds and music app.
Free

Breathe

A variety of different meditations\tailored to meet your emotional needs.
Free

Calm

Calm can help you meditate, sleep, relax, focus and much more. Free

Sleep

Deep Sleep with Andrew Johnson

Guides listeners through a Progressive Muscle Relaxation (PMR) session and into sleep. \$2.99

iSleepEasy

An array of guided meditations, voice and music tracks, flexible lengths, and an alarm.
Free- \$4.99

Bipolar

iMoodJournal

Record moods, emotions, sleep patterns and keeps track of medications. \$1.99

CBT, DBT & ACT

eCBT Calm

Provides a set of tools to help you evaluate personal stress and anxiety, challenge distorted thoughts, and learn relaxation skills. \$0.99

DBT Diary Card & Skills Coach

(iPhone) Provides self-help skills, reminders of the therapy principles and coaching tools for coping. \$4.99

DBT 911

(Android) Provides access to DBT skills at a moment's notice. Contains over 150 different suggestions on skill exercises. Free

ACT Companion

Features a variety of exercises and tools designed to help you get present, open up, and engage in a rich and meaningful life. \$11.99

Depression

Happify

Activities and games that help you create habits for a happier, more fulfilling life. Free

Optimism

Track your mood and develop strategies for managing depression, bipolar and anxiety disorders. Free

Mindfulness

JKZ Series 1

Dr Jon Kabat-Zinn's mindfulness meditation app constitutes the core practice curriculum of mindfulness based stress reduction (MBSR) in the Stress Reduction. \$9.99

JKZ Series 2

Dr Jon Kabat-Zinn's meditations are designed for people who want a range of shorter guided meditations to help them develop and/or expand and deepen a personal meditation practice based on mindfulness. \$9.99

JKZ Series 3

Dr Jon Kabat-Zinn's meditations accompany his book *Coming to our Senses: Healing Ourselves and the World Through Mindfulness*. \$9.99

General

Virtual HopeBox

Contains simple tools to help patients with coping, relaxation, distraction, and positive thinking.
Free