



Useful websites

- **Anxiety BC**

This website will help you understand and manage anxiety. -

<https://www.anxietybc.com/>

- **Young Minds**

This website provides expert knowledge to parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications.

www.youngminds.org.uk

- **Mind**

This website provides advice and support to empower anyone experiencing a mental health problem. This website explains the different types of mental health problems and gives you advice on how to deal with them in a healthy way.

www.mind.org.uk

- **Self- Esteem Dove**

This website aims to help girls develop a positive relationship with the way they look, helping them to raise their self-esteem and realise their full potential. Dove have developed a workshop called 'The confident Me' which helps students to build body confidence and avoid valuing themselves and others on the basis of appearance.

www.selfesteem.dove.co.uk

Useful Apps

- **MindShift App**

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

- **SAM App**

SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

- **Relaxing Sounds**

- Cant sleep? This relaxing sounds app will help you. The app contains relaxing melodies to help sleep/meditation.

- **Relax Lite**

This app offers effective and rapid stress relief in 5 minutes. It will help you to de-stress with guided breathing exercises.

PLEASE TURN OVER FOR MORE!!! 😊

- **Sleepfulness**

Effective sleep app, powered by mindfulness. This app is packed with guided tracks designed to improve sleep.

- **Calm**

Help you meditate, sleep and relax.

- **Headspace App**

meditation and mindfulness techniques to help manage stress and anxiety, improve well-being, and become happier overall. The series of guided meditations is designed to train your brain in just 10 minutes a day, with the ability to track and reward yourself for progress, along with a buddy system so that you can stay motivated and help others do the same.

- **Happify App**

Overcome stress and negative thoughts. Build resilience

- **Pacifica**

App for stress and anxiety. Day-by-day, you'll learn to manage your feelings at your own pace

- **What's Up?**

This app helps to identify negative thinking patterns and the sources of anxiety. It features breathing techniques, habit and anxiety trackers, positive quotes, forums, and even a game.

- **7 Cups**

Feeling worried, sad, stressed or lonely? Need to talk to someone? Anonymous conversations with volunteers.

- **Worry Box**

Journal for children and adolescents to record their worrisome thoughts. Steps are then identified in managing the worry. Coping strategies and statements can be selected from a list especially if the worry feels uncontrollable in an effort to think about the worrisome situation differently.

- **Stop, Breathe & Think App**

A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.

This app asks you to enter how you feel and then suggests a variety of meditation practices based on your response

- **Breathe2Relax**

Aids in diaphragmatic breathing that decreases the body's natural "fight-or-flight" response—a big aspect of anxiety, anger, and general mood instability.

- **Smiling Mind**

Modern meditation for young people, this app will help bring balance to young lives.

- **End Anxiety**

This app helps young people to learn how to avoid anxiety and improve relaxation.

