# Apps

**Manage your anxiety and stay calm**

* Anti-Anxiety App



**Free for iPhone and Android**

Diagnostic quiz to assess your level of stress and anxiety followed by a customised treatment plan alongside self-help videos designed to lessen anxiety and give tips on managing your symptoms.

Includes a daily journal feature and progress tracker.

* Breathe2Relax



**Free for iPhone and Android**

Guided "belly breathing" exercises to help reduce symptoms during a panic attack.

Can be personalised by changing background, music selection and inhale/exhale timer.

* Buddhify



**£3.99 for iPhone. £1.99 for Android/Amazon app store**

Buddhify teaches mindfulness-based meditation on the go. Over 80+ custom guided meditation tracks lasting from 5-30 minutes focus on different parts of the day and a range of emotions. The App incorporates stats reflecting usage and progress, a check-in facility and a solo meditation timer.

* De-Stress-ify



**Free for iPhone and Android**

Offers a series of stress-busting techniques designed to be practised for as little as 10 minutes a day to tackle thoughts, feelings and beliefs, and help lead a calmer life.

### Flowy



Free for iPhone and Android

Designed to help combat panic attacks, Flowy is an absorbing game to make you feel calmer and more in control.

### Headspace



Free for iPhone, Android and Amazon Appstore (in-app purchase options)

Described as "gym membership for your mind" Headspace teaches meditation and mindfulness skills through short sessions and tutorials.

### Mindfulness Daily



US$ 1.99 for iPhone and Android

Introduction to mindfulness with regular check-in prompts and short exercises designed to build mindful practice into your everyday life.

### Mindshift



Free for iPhone and Android

A pocket coaching tool, designed to help you cope with anxiety through a series of relaxation techniques and strategies.

### SAM (Self-Help for Anxiety Management)



Free for iPhone and Android

Designed to put you back in control of your emotions and connect with others. Once you tell the App about your mood, worries and thoughts, its self-help features take you through a series of relaxation exercises.

### Stop Breathe and Think



Free for iPhone and Android

This App is a mindfulness, meditation and compassion-building tool. Once you input your current emotional state the App offers a selection of brief, custom-matched guided meditations from a range of approaches. Also provides a self-meditation timer function.

### Stop Panic and Anxiety



Free for Android and Amazon App store

Calming exercises and lots of info and self-help material to tackle panic attacks.

**Manage my mood**

* Black Rainbow



Free for iPhone and Android

Tips for beating depression through guided relaxation and literature. Also offers toolkits and meal planners to help boost mood and improve overall wellbeing.

* Happijar



Free for iPhone

App which allows you to 'deposit' happy moments into the jar through music, images and texts. When you need a boost, press on one of the buttons to unlock a happy moment.

* Emoodji



Free for iPhone and Adroid

Specifically designed with students in mind, this App uses selfies and emojis to track your mood. full of useful tips about the ups and downs of student life including exam stess and homesickness.

* NHS Depression



Free for iPhone and Android

Self-assessment and symptom checker and tracker. Information on treatment options including watchful waiting, therapy and medication with individualised pros and cons. Summary email outlining personalised assessment and plan.

* Productive



Free for iPhone and Android

This handy App is aimed at busy people looking for more balance in their lives. By encouraging you to schedule activities under different category headings, the App helps you to feel more in control and promotes greater self-care.

**Improve Your Sleep**

### Pzizz



Free for iPhone and Android

Offers selection of different tracks designed to facilitate daytime "power naps" and help you to sleep better and for longer at night.

### Relax Melodies



Free for iPhone and Android

Choice of 50 soothing recordings designed to aid sleep. Timer can be programmed to end playback during sleep.

### Sleepio



Free for iPhone (basic version; offers in-app purchases)

Sleep improvement programme featuring Cognitive Behavioural Therapy (CBT) techniques aimed at overcoming both short-term and longstanding sleep issues.

# Podcasts

The following podcasts are available for download:

* [Fight or Flight Response](http://itunesu.nottingham.ac.uk/media/UoN_Life/Community/audio/Mel_Wraight_Fightorfightresponse.mp3) - This podcast talks about the physiological response triggered when we feel a strong emotions and how understanding the physical symptoms of the Fight or Flight response can help you feel less anxious
* [Mindfulness](http://wirksworthii.nottingham.ac.uk/Podcasts/files/rmg/public/body/mindfulness.mp3) - Involves the practice of becoming more aware of our feelings and thoughts without judging them. The practice of Mindfulness can help to enhance relationships and improve our mental and physical health
* [Progressive muscle relaxation](http://wirksworthii.nottingham.ac.uk/Podcasts/files/rmg/public/body/pmr.mp3) - This podcast contains a guided exercise to help you learn to manage anxiety and relax through a simple breathing technique
* [Relaxation breathing](http://wirksworthii.nottingham.ac.uk/Podcasts/files/rmg/public/body/rbe.mp3) - This podcast contains a guided relaxation exercise to help you relax your body

For text version please click on the following:

[Fight or Flight Response (PDF)](http://www.nottingham.ac.uk/counselling/documents/podacst-fight-or-flight-response.pdf)

[Fight for Flight Response (Word)](http://www.nottingham.ac.uk/counselling/documents/podacst-fight-or-flight-response.docx)

[Mindfulness (PDF)](http://www.nottingham.ac.uk/counselling/documents/mindfulnesspodcast.pdf)
[Mindfulness (Word)](http://www.nottingham.ac.uk/counselling/documents/mindfulness-word-version.doc)
[Progressive Muscle Relaxation (PDF)](http://www.nottingham.ac.uk/counselling/documents/progressivemusclerelaxation.pdf)[Progressive Muscle Relaxation (Word)](http://www.nottingham.ac.uk/counselling/documents/progressivemusclerelaxation-word-version.doc)[Relaxation Breathing (PDF)](http://www.nottingham.ac.uk/counselling/documents/relaxationbreathing.pdf)
[Relaxation Breathing (Word)](http://www.nottingham.ac.uk/counselling/documents/relaxationbreathing-word-version.doc)