

Helpful (& Healthful) Apps for Your Phone

Created by Counseling & Wellness at VCUarts Qatar

Mental Health

- SHINE: CALM ANXIETY & STRESS
 - Apple's Best of 2018, support system for daily stress and anxiety, new self-care strategies, audio library for meditations, sleep sounds, etc.
- SUICIDE PREVENTION: NOTOK
 - "The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: "Hey, I'm not OK! Please call, text, or come find me."
- HAPPIFY
 - "Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. The best part? It's free!"
- WHAT'S UP
 - "What's up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues. Try it out for yourself!"
- MOODPATH
 - Depression, Anxiety & Stress tracker. "A place to reflect and get information, encouragement, and guidance"
- YOUPER
 - Emotional Health Assistant. Tracker, journal, personalized meditations, sleep sounds.
- QUIT THAT!
 - "Quit That! is a completely free app that helps users beat their habits or addictions. Whether you're looking to stop drinking alcohol, quit smoking, or stop taking drugs, it's the perfect recovery tool to track and monitor your progress. Track as many vices as you want and find out how many minutes, hours, days, weeks, or years it's been since you quit."
- CALM HARM
 - "Provides tasks to help you resist or manage the urge to self-harm"
- ALOE BUD
 - "All-in-one self-care companion. Aloe Bud provides tools for building routines that match your lifestyle."

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Physical Health

- TIME OUT
 - Time Out reminds you to take regular breaks and guards against sitting in front of your Mac in the same position for hours. You can customize the frequency and length of your breaks, as well as the type of stretches and exercises that Time Out offers during these breaks.
- DRINK WATER REMINDER N TRACKER
 - Can sync with Apple Watch, receive reminders and record your water intake, integrates with Health App on iOS, create unlimited reminders, set health goals
- WATERLOGGED
 - Daily hydration tracker
- SEVEN - 7 MINUTE WORKOUT
 - Quick bodyweight workouts
- NIKE TRAINING CLUB
- KEELO - STRENGTH HIIT WORKOUTS
- FLO PERIOD TRACKER & OVULATION
- SLEEP CYCLE - SLEEP BETTER
 - Sleep aid, smart alarm, analysis of sleep, snore detection
- YUMMLY RECIPES + SHOPPING LIST
 - 2 million + recipes and dinner ideas
- TASTY
 - Food videos and recipes
- MEALTIME MEAL PLANS & RECIPES
 - Meal planner, recipes, and grocery list
- EPICURIOUS
 - Recipes and videos

Journaling, Affirmations, Quotes, and Gratitude

- JOURNEY
 - Journal, available for desktop as well
- JOUR: JOURNAL FOR MINDFULNESS
 - Daily self-care journaling
- REFLECTLY
 - Journal, progress tracker, personalized motivational content, every morning!

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- MOTIVATION - DAILY QUOTES
 - Positive reminders each day
- DAYLIO
 - "...enables you to keep a private journal without having to type a single line."
- I AM - POSITIVE AFFIRMATIONS
 - Daily affirmations which "help rewire our brains, build self esteem, and change negative thought patterns. Empower yourself by verbally affirming your dreams and ambitions. Choose from many daily intentions and set reminders to be delivered throughout the day."

Mindfulness & Meditation

- INSIGHT TIMER
 - 30,000 free meditations and music tracks
- HEADSPACE
 - "The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy "get some headspace" reminder to encourage you to keep practicing each day."
- CALM
 - "Named by Apple as the 2017 iPhone App of the Year, Calm is quickly becoming regarded as one of the best mental health apps available. Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you."
- ROOTD
 - Anxiety and panic attack relief and confidence builder.
- THISISSAND
 - Art, creativity, and relaxation. Making and sharing pictures out of sand in a slow and therapeutic process.
- BREATHE2RELAX
 - "Sometimes you just need to breathe and remind yourself you are okay. Breathe2Relax is made for just that. Created by the National Center for Telehealth and Technology, this app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax works by decreasing the body's 'fight-or-flight' stress response, making it a great option for people suffering from PTSD."
- AURA: SLEEP & MINDFULNESS
 - Personalized meditations
- MINDING - ANXIETY HELPER
 - Breathwork, calming visuals, meditations, advanced mindfulness techniques

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- BREEZE: MEDITATION & SLEEP
 - Guided meditations, soothing music, nature sounds
- SIMPLE HABIT
 - On-the-go meditations

Productivity, Goals, Habits

- GOOGLE CALENDAR
- DONE
 - Habit tracker, streaks, reminders
- HABIT SHARE - HABIT TRACKER
 - Share and track goals with friends
- FABULOUS - DAILY SELF CARE
 - Habit tracking and goal setting,
- FLORA - FOCUS HABIT TRACKER
 - Helps you put the phone down and be productive. "Whenever you and friends want to stay away from the distraction on smartphones, plant a seed together (or alone) using Flora. As you focus on what's more important in real life, the seed will gradually grow into a healthy tree. But, if anyone cannot resist using the phone, the tree will be killed. This way, Flora creates a shared goal that helps you and friends put the phone down and be productive in an effective and pleasant way." (plants real trees on Earth)

Social

- ZOOM
- HOUSEPARTY
- SQUAD - BE TOGETHER
- NETFLIX PARTY
- DRAW SOMETHING CLASSIC
- WORDS WITH FRIENDS

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