

Stress Management Apps



Breathe2Relax: Smartphone app with instructions and exercises in diaphragmatic breathing, a documented stress-management skill. Includes detailed information on the effects of stress on the body.



Personal Zen: This app was made by a neuroscience researcher to create games backed by research on anxiety reduction and resilience development. Track your progress and build a happier and less stressed outlook in just a few minutes a day of gameplay.



Pacifica: This app provides breathing exercises to help you quickly de-stress, a mood tracker to enable you to measure your state of mind and track what affects you most in your life, and other features based on cognitive behavioral therapy.



Happify: A brain-training app based on research showing that some types of activity can help you combat negativity, anxiety and stress while fostering positive traits like gratitude and empathy.



What's Up: This app uses [Cognitive Behavioral Therapy](#) and [Acceptance Commitment Therapy](#) to help you better manage anxiety. Whether it's by putting your troubles into perspective using the "Catastrophe Scale" or distracting you with a few fun games when you're feeling upset, What's Up? can help you move past an anxious moment and get on with your day.



The Worry Box: Has anyone ever told you to put your worries in a box? This app helps you do just that. You can use the cognitive diary to help you determine how to cope with the worry. If it's controllable, you can list the steps you can take to manage the worry. If it's not controllable, select from the list of coping statements to help you think about it differently.