**HELPFUL APPS AND RESOURCES** *updated May 2022*

* **RESOURCES BASED ON PRINCIPLES OF CBT:**

*From your thoughts come your feelings which lead to your actions and habits*

**ALL THESE APPS HAVE IN COMMON**

* **NOTICING THOUGHTS**
  + Thought diary and monitoring for thinking traps
* **COGNITIVE STRATEGIES** (great overview <https://www.anxietycanada.com/articles/thinking-right-tools/> )
  + **Challenge thoughts**
    - *Think Ninja: practical tools*
    - *Mindshift: thought journal and belief experiments*
    - *Think Good, Feel Good: Chapter 9 and chapter 11*
  + **Confidence building positive self-talk:** 
    - *Mindshift: healthy thinking coping cards*
    - *Mindshift: chill zone and visualisation exercises*
    - *Clear Fear: grit box*
    - *Think Good, Feel Good: Chapter 11*
  + **Letting thoughts go like leaves on a stream and distraction**
    - *Mindshift: chill zone*
    - *Clear fear: managing your worries – worry warriors*
    - *Think Good, Feel Good: Chapter 5*
  + **Learning to live with uncertainty**
* **BEHAVIOURAL STRATEGIES**
  + Doing things differently
    - *Think Good, Feel Good: Chapter 14*
  + Healthy behaviours
* **QUICK RELIEF OPTIONS:** <https://www.anxietycanada.com/general/how-to-chill/>

**GENERAL**

* + - **THINK NINJA:** Younger teenager (free to 10-18yr)
      * Chat function
      * Learning about moods, thinking and coping skills
        + Introduction
        + Low mood
        + Anxiety
        + Hot cross bun
        + Thinking traps
      * **CBT tools**
        + Cognitive strategies

Unhelpful thoughts

Thinking traps

**Thought challenger: practical tool**

Thought bank

* + - * + Behavioural strategy

Face my fears

* + - * My Challenges: discusses own thoughts, feelings and actions
        + The spotlight *on our thoughts*
        + Our responses *our behaviour*
        + Putting it all together
        + Unhelpful coping *self-harm*
      * Skill Zone: *coping strategies*
        + Break it down
        + Distraction tools: grounding
        + My breathing
        + Unwind
        + Relaxation
        + Exam time tips
        + Snapshots
        + Keep Calm
    - **WHAT’S UP**: older teenager and young adult
      * Teaches simple strategies to help cope with a wide range of mental health issues
      * **Help right now**
        + STOP!
        + Get grounded
        + Breathing control
        + Catastrophe Scale
        + Forums
        + Uplifting Quotes
        + Here and Now
        + Stay In Today
        + Affirmations
        + Helpful websites
      * **Coping Strategies**
        + Thinking Patterns
        + Metaphors
        + Manage Worries: tool box of different tools

**Cognitive strategies**: 10 simple ways to manage worries

Repeat your worry until your bored silly

Make it worse

Don’t fight the craziness: *be curious and describe it*

Recognise the false alarms: *fire engine going to another place*

Turn your anxiety in to a movie

Set aside worry time

Take your hand off the horn

Breathe it out: attention training

Make peace with time: *how will I feel in a month or year about this*

Don’t let worries stop you living your life

* + - * + Positive Steps

Healthy behaviours or **behavioural strategies** (like 5 steps to wellbeing)

Be kind to yourself

Exercise regularly

Take up a hobby or learn a new skill

Have some fun and or be creative

Help others

Relax

Eat healthily

Balance sleep: *get up and go to bed at same time each day*

Connect with others

Beware of drink and drugs

See the bigger picture

Accepting ‘it is how it is’

* + - * **Information**
        + Anger
        + Anxiety
        + Depression
        + Self Esteem
        + Stress
        + Each subject is divided in to information about:

Thoughts

Physical Sensations

Behaviour

Identifying triggers

Doing things differently**: *behavioural strategies***

Thinking differently***: cognitive strategies***

Dealing with feelings ) *practical* *help right now*

Dealing with physical sensations )

* + - * Personal record

**ANXIETY**

* **ANXIETY CANADA YOUTH WEBSITE**
  + <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>
  + Fabulous overview with practical exercises: *(linked to Mindshift app below)*
    - Thinking right tools: <https://www.anxietycanada.com/articles/thinking-right-tools/>
    - **MINDSHIFT:** Older teenager and adults
      * **Different types of anxiety**
        + Explanation
        + Signs: effect of anxiety on body, mind and behaviour
        + Key strategies for managing each type
        + General worry
        + Social anxiety
        + Perfectionism
        + Panic
        + Phobias
      * **Tools to tackle anxiety**
        + **Healthy thinking** *(****cognitive strategies****)*

Thought journal:

Use to create balanced thoughts

Belief experiments

Test out false beliefs or hypotheses

Challenge negative thoughts

Coping cards

* + - * + Chill zone
        + **Behavioural strategies**

Facing fears

Ladder approach: small steps

Comfort zone challenge

Healthy habits

Eat right

Get enough sleep

Be active

Have fun

Connect with friends

Find your passion

* + - * **QUICK RELIEF CENTRAL BUTTON**
        + Take a breath
        + Shift your thinking
        + Ground yourself
        + Take a small step
        + Get help
    - **CLEAR FEAR:** *Younger teenager*
      * Information
        + Anxiety types
        + Resources

Tool box: inspirational quotes

Safety net

Immediate Help

Information

Self-monitoring

* + - * Tackling your fears or ‘clear your fears’
        + Dealing with emotions

Express yourself

Stay calm

Breathing exercise

Mindfulness exercise

Laugh and smile

* + - * + Managing worries (***cognitive strategies***: can help to keep a thought diary to identify patterns)

Counter negative thoughts: worry warriors: *shrink them*

Worry box

Worry ladder

* + - * + Reacting to worries (***behavioural strategies***)

Stop overdoing things

Stop avoiding things

* + - * + Managing physical responses to anxiety: set goals for each

Exercise goal: *aim for 30mins of activity daily*

Balanced diet: *avoid too much sugar and caffeine*

Make time to relax

Sleep well

* + - **SAM app***: more practical help*
      * Practical self-help steps
      * Includes
        + Help for anxiety NOW

Exercises to do

* + - * + Self-help with SAM

Information about anxiety

Thinking and anxiety

Relaxation physical

Relaxation mental

Health and anxiety

Take small steps

* + - WORRYTREE APP
      * Practical tool to capture and manage worries
* **RESOURCES OF PRACTICAL HELP FOR SPECIFIC SCENARIOS**

**SELF-HARM**

* + - DistrACT: older teenager
      * Information and explanation
      * Strategies to help
    - CALM HALM: younger teenager
      * Practical strategies for managing self-harm

**FAMILY SUPPORT**

* + - **COMBINED MINDS**
      * App for families and friends of a young person who has mental ill health
      * Covers: anxiety; depression; self-harm; eating disorders; digital addiction
      * Uses ‘Strengths-Based’ approach