

Implementing Change

Tools for Stress Management

Acupressure: Heal Yourself:

Acupressure involves focusing therapy on certain points of the body to relieve physical and mental symptoms of stress. Unlike acupuncture, there are no needles involved, just massage.

Acupressure: Heal Yourself guides you to the various pressure points that you can self-massage to get the relief you need from your anxiety, as well as from pain, addiction, and other common disorders. Using illustrations, the app shows you exactly what points are best for your symptoms, and how to massage them for the best results possible.

Sleep Time:

A good night's sleep can mean the difference between having a good day or a bad day. This is especially true for people who suffer from anxiety disorders. Sleep Time lets you fall asleep to ambient, relaxing sounds and wake to the same. It also tracks your sleep patterns and provides feedback on the quality and quantity of shut-eye you're getting. Because your quality of sleep is also influenced by things you do when you're awake, the app features a premium upgrade including a workout plan.

Squeeze and Shake:

Don't internalize your anger and stress, but vent them harmlessly on a virtual rubber duck.

Pacifica:

Provides guided deep breathing and muscle relaxation exercises, daily antianxiety experiments, and tools including a mood tracker . Recording your own thoughts can help you understand your thinking patterns and recognize possible anxiety triggers.

GPS for the Soul

Created by Arianna Huffington and Deepak Chopra, GPS for the Soul uses biofeedback to help you determine your level of stress, and helps you manage stress with meditation tools that include calming pictures and music.

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.

Headspace

This "gym membership for your mind" features 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.

Pocket Yoga:

Relax with yoga. Look up single poses or put together entire routines from a range of yoga styles and all levels of difficulty.

[Nature Sound Relax and Sleep](#)

When you suffer from anxiety, relaxation can be difficult. When you can't relax, your anxiety can worsen, creating a vicious cycle. The Nature Sounds Relax and Sleep app was made to help lull you into a calm, soothed state. The different options include waterfall, night in the jungle, bird sounds, and thunder. You can also use the app as an alarm.

[My Mood Tracker](#)

Knowledge is power. Once you become more aware of what you're feeling when, you can begin figuring out links between life events and cycles and your moods, which in turn will help you manage (and work around) your moods.

[Pay It Forward:](#)

Encourages a daily act of kindness--a proven stress reducer--with a list of suggestions as well as connection to a community of people who are committed to the principles of paying it forward.

[Rest and Relax Meditations:](#)

Slowing down can seem impossible, especially when you regularly operate under the pressure of anxiety. What we like about the Relax and Rest Medications app is the brevity of the featured meditations — meaning lack of time is no excuse. Whenever you have a few minutes to spare, slow down and relax with a five, 13, or 24-minute guided meditation.

[Personal Zen](#)

Developed with a professor of psychology and neurosciences, a series of games based on clinical findings about methods for reducing anxiety levels.

[The Mindfulness App:](#)

Choose from five guided meditations, with options for listening to calming music or nature sounds.

Please feel free to contact me if you have any questions. My email is arianne@implementingchange.com



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