

Eight Apps to Help Students Ease Stress

SmilingMind is modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programs for different age groups.

SuperBetter is a free web and app based program created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health - by boosting physical and emotional wellbeing. SuperBetter is for young people over the age of 13 who want to feel happier, healthier, and more able to reach their goals.

Mindful Gnats is an app to help young people develop mindfulness and relaxation skills.

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialized categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.

Calm helps users with mindfulness and meditation. The app aims to bring more clarity, joy and peace to your daily life. The app includes guided meditations, Sleep Stories, breathing programs and relaxing music. Calm also has a "Calm Kids" section in the app where younger kids can learn calming techniques.

HappiMe for Young People uses a kid-friendly approach, this app walks kids through four steps: Learn, Recognize, Deal With Your Emotions, and Replace. It helps kids picture their thoughts as something separate from themselves -- the chimp, the computer, and the happitar -- a psychological method that allows people to deal with negative thoughts at a distance. The company offers two more versions, one for younger kids and one for adults.

Pacifica for Stress & Anxiety was created with mental health professionals; this app offers an array of therapeutic tools and services. Teens can set goals, schedule time each day to focus on mental health, join community forums, use guided meditations, and more.

Virtual Hope Box uses three modes -- Remind Me, Distract Me, and Relax Me -- to help teens stay connected during stressful times. Teens can store images, such as personal photos, and activities, such as songs, quotations, and even games such as Sudoku, to use when they need to. They can also meditate or use a "coping card" they've pre-created.

Helpful Mental health Resources For Navigating the Coronavirus Pandemic

Behavioral Health Resources for Coronavirus

<https://www.nationwidechildrens.org/giving/on-our-sleeves/find-help/tools-for-you/coronavirus>

Managing COVID-19 Anxiety

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources?scrlybrkr=5cf7b210>

Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Managing Fears and Anxiety around Coronavirus

<https://uhs.berkeley.edu/sites/default/files/fearsanxiety-coronavirus.pdf>

Coping With Stress During Infectious Disease Outbreaks that Require Social Distancing

<http://www.publichealth.lacounty.gov/media/Coronavirus/CommunicableDisease-StrategiesForCoping.pdf>