**HELPFUL APPS AND RESOURCES**

* **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

* **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