



- **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

- **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/>

▪ **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