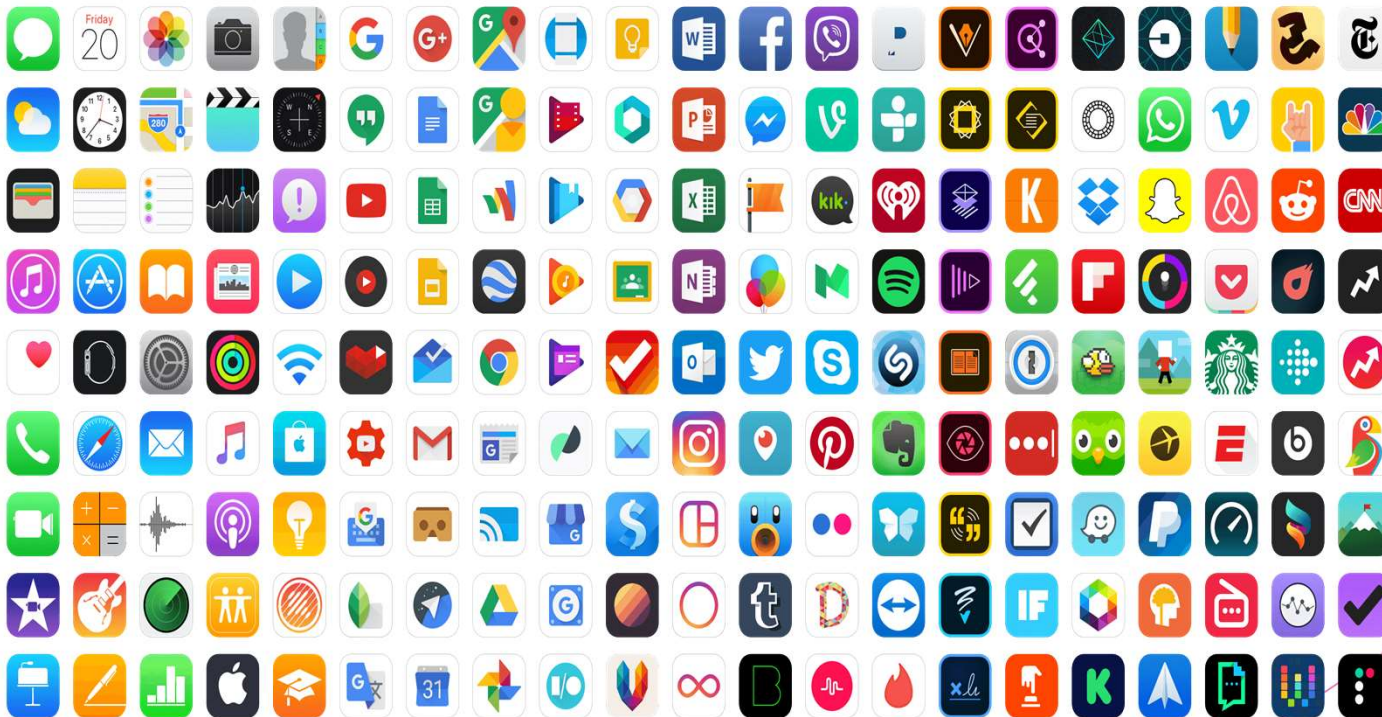


Mindful Monday Well-being APPS



There are so many APPS available to download for free that can help with a wide range of different issues that we all may face at some point in life.

Here are just a few...



MindShift

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. MindShift offers strategies to manage worry, panic and conflict and also contains relaxation exercises.

Website

<https://www.anxietybc.com/resources/mindshift-app>



MindShift

Moodpath

Moodpath is a website/app which lets you track moods and sleep patterns helping to manage depression, anxiety or bipolar disorder.

Website

<http://www.mymoodpath.com>

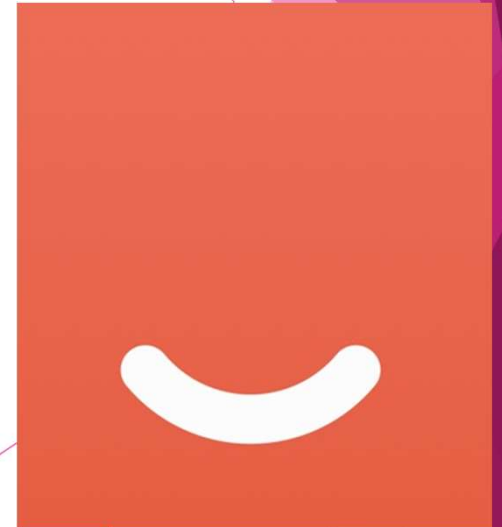


moodpath

Mood- Guided Journaling

Mood helps you live in the moment with journaling exercises. This will help you to be more mindful which has proven to reduce anxiety and stress.

Access Mood on your app store.



Rise Up + Recover

Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image. This app allows you to record meals, emotions and behaviours.

Website

<https://www.recoverywarriors.com/app>



Calm Harm

Learn to ride the wave with the free Calm Harm app using these activities:

Comfort, Distract, Express Yourself, Release, Random and Breathe.



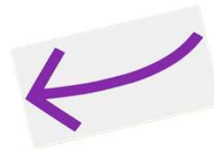
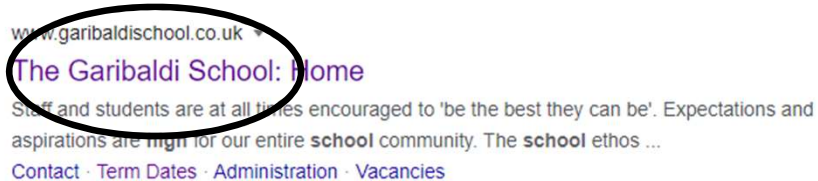
Clear Fear

Designed to help manage anxiety.

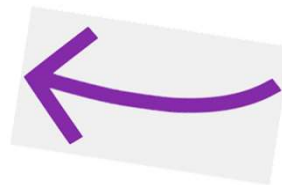
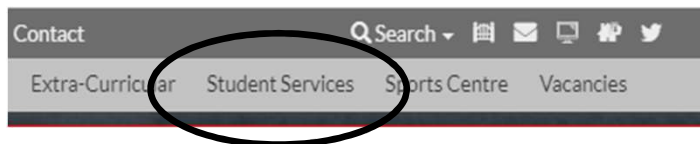
Face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.



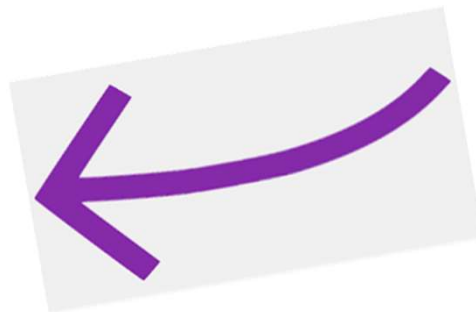
We understand that lockdown restrictions and not being in school could be having an impact on how you are feeling, that's why we've added a new page to the school website with loads of links to organisations you can use for support



Simply go to the school website



Select 'Student Services' from the menu bar



Then select 'Mental Health & Wellbeing' from the list

Why not give one of these APPS a go, there are 100s out there to choose from.

They are there to help support you.

Asking for help is nothing to be embarrassed about and using these tools is a great way to practice self-care during a difficult time.

If you use one and it helps why not pass it on to a friend or someone you think could also benefit from some support!

Have a great week!

reminder:
 **take care
of yourself!**