
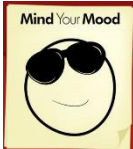








# Useful Apps, Websites, and TED Talks

Useful Apps		
 <p>MindShift</p>	<p><b>MindShift</b> includes tools and strategies to help you face—and change your thinking about—anxiety. Check out “<b>Chill Out Tools</b>” for relaxation strategies. The “<b>My Situations</b>” and “<b>Check Yourself</b>” sections allow you to track the situations that cause you anxiety and rate your physical symptoms. “<b>Thinking Right</b>” provides practical strategies for managing worry.</p> <p>The content of this app is also available online at <a href="#">Anxiety BC Youth</a>.</p>	<p><b>Free</b> iOS Android</p>
 <p>Mind Your Mood</p>	<p><b>Mind Your Mood</b> allows you to track your mood in order to better understand you own ups and downs. You choose the mood-face or mood-word that best reflects where you’re at and then you rate the intensity of your mood.</p>	<p><b>Free</b> iOS Android</p>
 <p>happify™</p>	<p><b>Happify</b> contains a series of games and activities to help people of all ages manage stress, build resilience, and overcome negative thoughts. Happify is organized into tracks, such as <b>Cope Better with Stress</b>, <b>Conquer Your Negative Thoughts</b>, <b>Stop the Worry Cycle</b>, and <b>Mindfulness Meditation</b>. Happify is free, or you can purchase Happify Plus, which includes even more games and activities.</p>	<p><b>Free / Paid</b> iOS Android</p>
	<p><b>Stop, Breathe &amp; Think</b> helps you learn mindfulness meditation. The section <b>Learn to Meditate</b> explains what mindfulness is and why it is beneficial. The app contains about 30 free guided meditations of different lengths and on different topics. The progress page allows you to monitor your emotions and your “settledness” before and after meditating.</p>	<p><b>Free</b> iOS Android Online</p>
 <p>Be Safe You deserve help.</p>	<p><b>Be Safe</b> can help keep you safe if you have the urge to self-harm or are having thoughts of suicide. It allows you to create a personalized safety plan, provides information about resources in Ontario, helps you with decision-making, and helps you find the words when you need to reach out for help.</p>	<p><b>Free</b> iOS Android</p>
	<p><b>HabitBull</b> is a habit tracker that helps you to build good habits or break bad habits. HabitBull helps you make and track your progress with a “Don’t Break the Chain” streaks calendar, motivational messages, and graphs.</p>	<p><b>Free</b> iOS Android</p>
 <p>SUPERBETTER</p>	<p><b>SuperBetter</b> helps you get stronger and healthier by turning life’s challenges into a game. SuperBetter draws on the optimism, creativity, courage, and determination that are displayed during game-play and helps you apply them to your life. The game is designed to help you build strength in four areas: social, emotional, mental, and physical</p>	<p><b>Free</b> iOS Android Online</p>



Useful Website		
	<p><b><u>Mind Your Mind</u></b></p> <ul style="list-style-type: none"> <li>• Interactives (apps and games)</li> <li>• Wellness (tips on over 50 topics, including: Self Care While Helping a Friend, Navigating the Mental Health System, Coping with High Expectations, and Falling in Love with Yourself)</li> <li>• Mental Illnesses (facts on Addiction, Anxiety, Eating Disorders, Mood Disorders, Personality Disorders, PTSD, Psychosis, Schizophrenia, Self Harm, and Suicide)</li> <li>• Personal Expression (personal stories shared by young people about their own experiences)</li> </ul>	<p><b>Free Online</b></p>

Inspirational TED Talks	
<p><b>Brené Brown</b></p> <ul style="list-style-type: none"> <li>• <a href="#">The Power of Vulnerability</a></li> <li>• <a href="#">Listening to Shame</a></li> </ul>	<p>Brené Brown is a social worker and research professor. Her work focuses on courage, vulnerability, empathy, and shame. Her style is warm, funny, and engaging.</p>
<p><b>Jane McGonigal</b></p> <ul style="list-style-type: none"> <li>• <a href="#">The Game that Can Give You 10 Extra Years of Life</a></li> </ul>	<p>Jane McGonigal is a creator of alternate reality games that are designed to help players solve problems and improve their lives. She developed the alternate reality game SuperBetter to help herself heal from traumatic personal experience. She is the author of two books:</p> <ul style="list-style-type: none"> <li>– <i>Reality is Broken: Why Games Make Us Better and How They Can Change the World</i></li> <li>– <i>SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient</i></li> </ul>
<p><b>Susan Cain</b></p> <ul style="list-style-type: none"> <li>• <a href="#">The Power of Introverts</a></li> </ul>	<p>Susan Cain, author of the book <i>Quiet: The Power of Introverts in a World That Can't Stop Talking</i>, was a lawyer and negotiation consultant before becoming a writer. She celebrates the quiet creativity and deep thinking of introverts and advocates for change at schools and in the workplace.</p>
<p><b>Kelly McGonigal</b></p> <ul style="list-style-type: none"> <li>• <a href="#">How to Make Stress Your Friend</a></li> </ul>	<p>Kelly McGonigal (identical twin sister of Jane McGonigal) is a health psychologist. She works at the Stanford Center for Compassion and Altruism.</p>