

Mental Health Sleep & Self Care

STRESS | SLEEP | SELF-CARE



A free app that offers meditations, sleep stories, breathing programmes and stretching exercises

Available at: https://apps.apple.com/us/app/calm/id571800810?aff_click_id=331e6433-ee39-4bf2-ac72-2c5df874d2bf&aff_id=28095&aff_sub3=&offer_id=40887&source=59df3af1b6920d344f3930c9 and Google Play store

What is it? Calm is app that aims to reduce stress levels and improve quality of sleep through a range of inbuilt services. These services include: guided meditations; sleep stories; breathing programs; stretching exercises; and relaxing music.

The app features a daily 10 minute programme of Daily Calm; a 7 and 21 day mindfulness programme for beginners and advanced users; and allows the user to track their progress by recording their mindfulness (meditation) minutes.

SLEEP



A podcast designed to help you unlock your sleeping potential

Available at: <https://podcasts.apple.com/gb/podcast/sleep-life/id1458867243> and Google Play store

What is it? A free podcast that provides advice on how sleep interacts with daily life such as relationships and nutrition, and provides tips and tricks to how to get a better night's sleep.

STRESS



An evidence-based app to prevent and manage stress, anxiety, and related conditions

Available at: <https://apps.apple.com/us/app/thrive-feel-stress-free/id1048928580> and Google play store

What is it? Developed in the UK by specialists with many years of clinical experience, the app uses easy to learn clinically proven techniques to help live a happier, more relaxed, stress-free life.

The app helps to monitor mood and teaches relaxation techniques such as meditation and deep muscle relaxation that – with practice – have shown to help people cope better with stressful

situations. It also has a 'thought trainer' programme based on cognitive behavioural therapy to help manage negative thought

STRESS | SLEEP | SELF-CARE



Headspace: Meditation and Sleep

An app offering mindfulness and meditation techniques with the aim of improving focus and decreasing stress and anxiety

Available at: <https://apps.apple.com/gb/app/headspace/id493145008> and Google Play Store

What is it? *Headspace* is an app that provides a completely free 'basics' course to teach the fundamental techniques of meditation and mindfulness, with the aim of reducing stress.

After completing the 'basics' course, users have the chance to gain access to the full *Headspace* meditation library by subscribing (monthly / annually). The app offers guided meditations on topics such as focus, exercise, sleep and 'everyday headspace' to help tackle all aspects of daily life.

MENTAL HEALTH



Feeling Good: positive mindset

An app that provides a programme based on positive psychology and the principles of Cognitive Behavioural Therapy (CBT)

Available at: <https://apps.apple.com/gb/app/feeling-good-positive-mindset/id941140783> and Google Play Store

What is it? *Feeling Good* is an app that provides a programme based on positive psychology and the principles of Cognitive Behavioural Therapy (CBT). The audio tracks on the app combine deep relaxation with resilience techniques to promote focus and mental clarity. Themes covered by the tracks include: mindfulness; body relaxation; and confidence boosting.

MENTAL HEALTH | SELF-CARE



InnerHour – Live Happier

An app that facilitates self-care, giving you the tools to combat depression, anxiety, stress and more

Available at: <https://apps.apple.com/us/app/innerhour-live-happier/id1323264990> and Google Play Store

What is it? *InnerHour* is an app that helps to create a space for self-care by providing the user with tools and techniques – utilising cognitive behavioural therapy – to help manage stress, anxiety and depression.

MENTAL HEALTH | SELF-CARE



Reflectly

A personal journal app that enables you to deal with negative thoughts, learn self-care and happiness

Available at: <https://apps.apple.com/eg/app/reflectly/id1241229134> and Google Play Store

What is it? *Reflectly* is an app that uses positive psychology, mindfulness and cognitive behavioural therapy and allows the user to create stories in a personal journal and reflect on each day.

MENTAL HEALTH AT WORK



Taking Care of Yourself

Small, simple steps you can take to look after yourself and make your workplace

Available at: <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/>

What is it? An online resource outlining evidence-based steps to well-being; tips and information on how to look after mental health at work and a free *Wellness Action Plan – a guide for employees* (available to download), which includes an electronic interactive template and information on how to approach the subject of employee well-being with managers.

MENTAL HEALTH



MENTAL HEALTH

Happy Place

A free podcast that promotes ways to find joy in every-day life

Available at: <https://podcasts.apple.com/gb/podcast/happy-place/id1353058891?mt=2>

What is it? A free podcast, hosted by Fearné Cotton, who interviews famous people on the tools they use to promote their own well-being and positive mental health.