

Anxiety, Stress, and Relaxation Apps

App	Android	iOS	App	Android	iOS
Anti-Stress Quotes	x	free	MyCalmBeat	Free	Free
Beat Social Phobia	\$2.99	\$2.99	Omvana	x	Free
Beat Panic	x	\$0.99	Panic Relief	\$1.49	\$0.99
Belly Bio	x	free	PTSD Coach	Free	Free
Breathe2Relax	Free	Free	Qi Gong Meditation Relaxation	Free	x
Buddhify 2 app	\$2.99	\$4.99	Relax Lite: Stress and Anxiety Relief	Free	Free
Calm	Free	Free	Relax Melodies	X	Free
Calming Music to Tranquilize	Free	x	Relax Rain	Free	x
Conscious	Free	Free	Relax & Rest Guided Meditations	\$1.99	\$1.99
Deep Relaxation	x	free	Self-help Anxiety Management	Free	Free
Earthlapse	\$0.99	\$0.99	Simply Being Guided Meditation	\$1.99	\$1.99
Fluid Monkey	Free	Free	Squeeze and Shake Stress Relief	x	\$0.99
GPS for the Soul	x	Free	Stop Breathe Think	X	Free
Headspace	\$6.49+ subscription	\$12.99+ subscription	Stop Panic and Anxiety Self-Help	Free	X
iCounselor: Anxiety	x	\$0.99	Stress Tracker	Free	Free
iStress	x	\$0.99	Tactical Breather	Free	Free
Meditation 4 Inner Wisdom by Glenn Harrold	Free	Free	Worry Box	Free	Free
Mind Shift	\$4.70	Free	Worry Watch	x	\$1.99

Depression and Mood Apps

App	Android	iOS	App	Android	iOS
Bipol-app	Free	Free	Mood Panda	Free	Free
DBT Diary	\$4.99	\$4.99	MyMoodTracker	x	\$4.99
eMoods	Free	x	Pacifica	Free	Free
iCounselor: Depression	x	\$0.99	T2 Mood Tracker	Free	Free
iMoodJournal	x	\$1.99	What's My M3?	Free	Free
Mood & Anxiety Diary	x	\$2.99			

Sleep Apps

App	Android	iOS	App	Android	iOS
Deep Sleep with Andrew Johnson	\$2.99	\$2.99	Sleep Cycle	x	\$1.99
iSleep Easy Meditations for restful sleep	Free	Free	Sleep Cycle Alarm	Free	Free
Nature Sounds Relax and Sleep	Free	X	Sleep Pillow Sounds: white noise machine app	x	Free
Pzizz	Free	Free	SleepStream 2	x	Free
Relax and Sleep Well by Glenn Harrold	Free	Free	Sound Massage	Free	Free
Sleep as Android	Free	X	Whitenoise	\$1.99	\$1.99

Journaling Apps

App	Android	iOS	App	Android	iOS
Askt	x	\$2.99	Gratitude Journal	x	\$3.99
Collect	x	\$1.99	Momento	x	Free
Day One	Free	Free	My Wonderful Days	x	\$2.99

Progressive muscle relaxation: <https://www.youtube.com/watch?v=86HUcX8ZtAk>

Imagery: https://www.youtube.com/watch?v=ar_W4jSzOIM; <https://www.youtube.com/watch?v=cQwee-Y0TqE>