

WELLBEING APPS

APPS TO HELP YOUR WELLBEING AND ORGANISATION

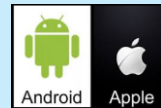
The Heriot Watt Wellbeing team is constantly looking out for APPS in all formats that can be installed on your portable devices to assist you with your general well-being. Icons on the right indicate whether the App is Android, iOS or both.

If you have an APP that you use and you think other students would find helpful too, send us an e-mail at disability@hw.ac.uk and we'll look into it.

GENERALLY HELPFUL APPS FOR ALL:

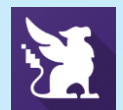


TAKE A BREAK!

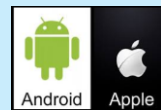


Relaxation / Meditation: "Take a break now and let your stress melt away!"

Relaxation App: "RELAX EASILY and quickly as you are voice-guided step by step, CHOOSE from two relaxing audios: Work Break Relaxation (7 min.) or Stress Relief Meditation (13 min.), LISTEN with or without MUSIC." **Price:** Free – though "in-app purchases" available

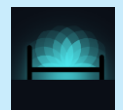


HABITICA

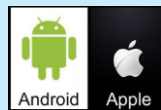


Manage tasks / organise schedule: Uses an RPG (Role playing game) style interface to encourage interaction. If you are a gamer, it may be worth a look.

"Habitica makes it simple to have fun while accomplishing goals. Input your Habits, Daily goals, To-Do list, and then create a custom avatar. Check off tasks to level up your avatar and unlock features such as armor, pets, skills, and quests. Fight monsters with friends to keep each other accountable, and use your gold on in-game rewards, like equipment, or custom awards, like watching an episode of your favorite TV show. Flexible, social, and fun, Habitica is the perfect way to motivate yourself to accomplish anything." Publisher's video [here](#). **Price:** Free – though "in-app purchases" available.

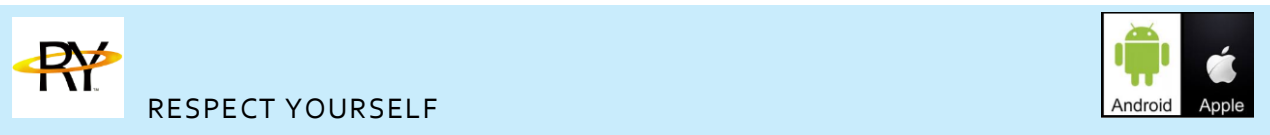


BEDITATIONS



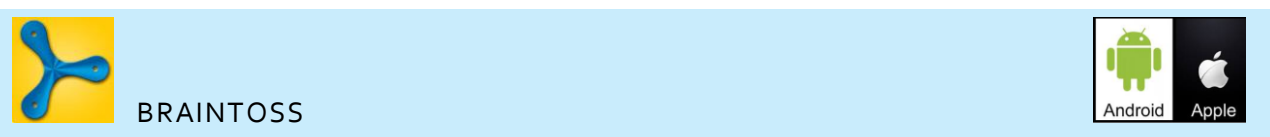
Relaxation / Help with insomnia: Easy to use relaxation App that guides you to sleep, and gently awakens you in the morning.

“Choose an evening meditation to ease you into slumber, and a morning meditation to gently wake you up. The built in alarm clock will wake you at your desired time with a refreshing guided morning meditation.” Publisher’s video [here](#). Free – though “in-app purchases” available.



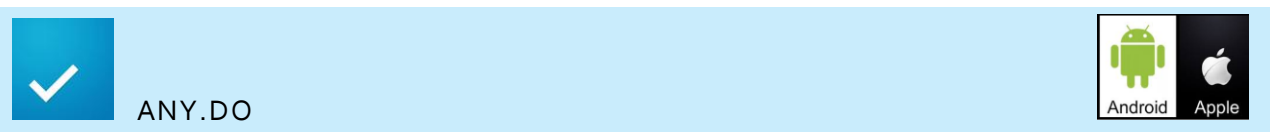
Support & Guidance App: Respect Yourself is a UK Charity for helping young people. [\(Website\)](#)

The App provides daily messages on a huge variety of subjects from real people. Topics can be about dates, relationships, holidays and even defrosting food safely. There are also blogs on subjects such as mental health, conforming to labels and managing anxiety amongst many others. **Price:** Free



Organisational tool: Braintoss is an App that allows you to quickly and simply send yourself messages and reminders in a variety of formats. The screen lets you quickly choose to send either a text type message, an audio message (mp3), a photo, or (in Beta at the moment) a scanned PDF & rich text version of a text document you photograph.

“Braintoss helps you capture what you need to do or remember and sends it straight to your inbox. Now you can immediately get it off your brain but not forget about it! Remind yourself with one tap wherever you are - Empty your brain on the spot.” Publisher’s video is [here](#). **Price:** £1.99



Manage tasks / organise schedule: To do list, scheduler, calendar and reminder.

“With to do list, calendar, reminders, lists and notes in one app, you’d be able to accomplish more than ever before. SYNC SEAMLESSLY in real time between your mobile, desktop, web and tablet. Keeps all your to do list, reminders, calendar & Agenda always in sync so you’ll never forget a thing. GET REMINDERS for a scheduled time, when you reach a particular location or set recurring reminders so you never miss a thing.” Publisher’s video [here](#). **Price:** Free – though “in-app purchases” available.

SPECIALIST MENTAL HEALTH APP RECOMMENDATIONS:



SAM: SELF HELP FOR ANXIETY MANAGEMENT

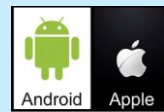


Designed particularly with students in mind, SAM is a self-help app to support those who are serious about learning to manage their anxiety. Offering a highly individualised approach, SAM's goal is for users to personalise a toolkit of strategies to help them manage their anxiety. Users also have the option of connecting into the larger social network of SAM users, enabling them to share experience and tips in the 'social cloud'. Users are strongly encouraged to review the guidelines first, to get the most out of SAM.

Clinical Issue(s): anxiety and stress management. Price: free



FIVE WAYS TO WELLBEING



Based on a substantial amount of global research, FWtW encourages the user to improve their overall well-being and mental health through interventions of connection, taking notice, being active, learning and giving. It offers simple, yet practical ways, to help the user feel good and function well day-to-day.

Clinical issues(s): overall mental health and wellbeing. Price: free



PANIC ATTACK AID & PANIC ATTACK AID 'LITE'



Designed to bring calming relief to panic attack and anxiety sufferers. Three primary interventions: interactive guided breathing exercise, reassurance, and distractions characterise this easy-to-use application that one can access as soon as a sense of panic or anxiety begins to build. The 'Lite' version is free to download offering users over 30 different distractions to help manage the overwhelming feelings of panic and anxiety when it strikes.

Clinical issue(s): panic attacks, high anxiety. Price: Free for Lite version (Full £2.99)



MOODKIT – MOOD IMPROVEMENT TOOLS



"Improve your mood and become your own expert with the wisdom and guidance that Moodkit offers." Based on principles of CBT and Positive Psychology, Moodkit offers over 200 mood improvement activities to help: increase the user's productivity and sense of accomplishment, enhance their relationships, increase sense of pleasure, fun and enjoyment, boost physical activity, and support the development of well-being/self-care habits.

Clinical issue(s): stress management, depression, anxiety, productivity, overall well-being.

Price: £4.99



MINDSHIFT - COPING WITH ANXIETY



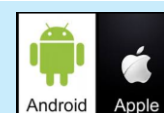
Mindshift will encourage the user to really think about his/her anxiety and face it head-on! Designed for teens and young adults, Mindshift supports the user in learning how to relax, developing helpful ways of thinking and identify active steps to take charge of their anxiety through a highly individualised, personal plan. The app includes strategies to help cope and manage everyday anxiety, as well as specific tools to tackle test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic and conflict.

Clinical issue(s): anxiety (various types, including: perfectionism, test anxiety, worry, conflict)

Price: free

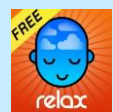


BUDDHIFY – URBAN MINDFULNESS AND MEDITATION



Buddhify 2 (iOS) / Buddhify Classic (Android) - An on-the-go app designed for those leading busy lifestyles and managing multiple demands and pressures. Buddhify offers numerous, short, guided meditations to connect body and mind and loosen the hold of occupying or unhelpful thoughts. Meditations are individualized based on how the user identifies feeling, where they are (gym, walking to class, working, travelling) or what they are doing (trying to sleep, eating, waking up).

Clinical issue(s): mindfulness and meditation, stress management, relaxation, anxiety, difficulties turning off, overall well-being. Price: iOS for Buddhify 2 - £4.99, Android for Classic - £1.99



RELAX 'LITE' &



DEEP SLEEP WITH ANDREW JOHNSON

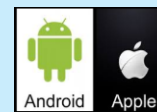


2 Apps - Simple, straightforward, no-frills app featuring a warm, gentle, male voice guiding users through a Progressive Muscle Relaxation (PMR) session. The 'Lite' version guides the user into a state of relaxation, and the "Deep Sleep" version will guide the user deeply into sleep. (Male voice, Scottish accent).

Clinical issue(s): insomnia, sleep difficulties, relaxation. Price: Relax 'Lite' - free/Deep Sleep - £1.89



ISLEEP EASY: MEDITATIONS FOR RESTFUL SLEEP



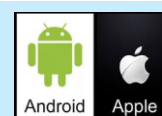
Calm, female voice offers users a variety of guided meditations to help relax and fall asleep. App features separately controlled music and nature tracks, allowing users the option to play meditations alone or with background sound. Also offers breathing exercises, relaxation tips and a special 'wee hours' rescue track. (Female voice, American accent).

Clinical issue(s): insomnia, sleep difficulties, relaxation. Price: free

TWO OTHER MEDITATION / RELAXATION APPS WORTH LOOKING AT:



STOP BREATHE & THINK MEDITATION TAILORED TO YOU



Price: free



PACIFICA: ANXIETY, STRESS AND DEPRESSION RELIEF



Price: free

NOT AN APP BUT USEFUL WEB SITE BASED INTERFACE:



moodscope
...with a little help from your friends

MOODSCOPE

Measure, Track and Share! A web-based program where users are encouraged daily to reflect on, assess, track their moods and share their scores with a trusted friend. Moods are assessed through an interactive card game and scored by a psychologically validated system. Users are strongly encouraged to write comments on their mood to support the goal of identifying triggers and feel-good behaviours. Scores can be shared with the user's identified friends, offering the option of a buddy-system to support the users overall well-being.

Clinical issue(s): low mood, mood management. Price: free