


GUIDE TO SELF-HELP APPLICATIONS

For Apple and Android devices.

MINDFULNESS and STRESS-REDUCTION

- ◆ Calm
- ◆ Headspace
- ◆ Stop, Breathe & Think: Meditation and Mindfulness
- ◆ Universal Breathing - Pranayama
- ◆ Breathe2Relax
- ◆ Tactical Breather
- ◆ Lotus Bud Mindfulness Bell
- ◆ Insight Timer
- ◆ Complete Relaxation: Guided Meditation for Anxiety
- ◆ Worry Box—Anxiety Self Help
- ◆ Virtual Hope Box



Marquette University
Counseling Center
Holthusen Hall, Room 204
414.288.7172

TEST ANXIETY

- ◆ Exam Support with Andrew Johnson

SLEEP

- ◆ Sleep Cycle Alarm Clock
- ◆ Sleep Pillow Sounds
- ◆ Nature Sounds Relax and Sleep
- ◆ Cognitive Behavioral Therapy for Insomnia (CBT-I)

MOOD and BEHAVIOR TRACKERS

- ◆ Optimism
- ◆ T2 Mood Tracker
- ◆ MoodTools—Depression Aid

GENERAL WELLNESS

- ◆ Coach.me—Goal Tracking, Habit Building & Motivational Coaching