

Helpful Apps to Manage Anxiety & Panic

Breathe2Relax

Breathe2Relax is a FREE portable stress management tool for iPhone and Android which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. <http://t2health.dcoe.mil/apps/breathe2relax>

Panic?

Despite its name, Panic? is a pretty effective, FREE app to help manage panic attacks before, during, & after they happen. There is a feature that includes, "Videos to Deal with Anxiety,"

Fast Calm

If you are a visual person, this is a great app for relief of an anxiety attack. It helps you regulate your breathing while you look at a beautiful image, which can be a random stock photo or an image of your choosing. You can customize the images & the pace of the guided breathing.

Stop, Breathe & Think

An app to introduce you to mindfulness. It offers 30 free sessions in varying lengths and keeps track of your progress. It is great for people who need some more structure & motivation to jumpstart their practice of anxiety management.

Calm

Calm is a great FREE app that offers different types of relaxation strategies and guided meditation exercises varying in length from 3-30 minutes. Some features require subscription but the free features are worth it.