

# Wellness Technology for Teens

Tuesday, August 9, 2016

## Check In and Check Up: Monitor Mood, Health, and Medication

- Pacifica | [Android](#), [iOS](#), and [web](#) | Free (offers in app purchases)
  - <https://www.thinkpacifica.com/>
  - Features: Track changes in mood, sleep, exercise, medication and more and have them represented in a weekly graph.
- T2 Mood Tracker | [Android](#) and [iOS](#) | Free
  - <http://t2health.dcoe.mil/apps/t2-mood-tracker>
  - Features: Using an interactive scale users can rate their mood across different area's of mental wellbeing and see their mood changes displayed as a graph. Users can create custom moods and ratings to personalize their ratings and can also share their graph as a picture or PDF with others via email.
- Start | [iOS](#) | Free
  - <https://itunes.apple.com/us/app/start-depression-test-pill/id1012099928?mt=8>
  - Features: This app provides daily and weekly checkups to monitor the progress and side effects of most depression medications. Start will summarize weekly check-ins and generate a report on how often medication has been taken, show any improvements in symptoms, a summary of the different side effects or issues, as well as progress on goals..
- Mango Health | [Android](#) and [iOS](#) | Free
  - <https://itunes.apple.com/us/app/start-depression-test-pill/id1012099928?mt=8>
  - Features: Schedule reminders for taking medication and record if they have been taken. Provides a "history" view of how consistently medication has been taken. The user received points for taking and recording medication use. Points are entered into weekly drawings for gift cards to Target, Whole Foods, and other businesses.
- BoosterBuddy | [Android](#) and [iOS](#) | Free
  - [http://www.viha.ca/cyf\\_mental\\_health/BoosterBuddy.htm](http://www.viha.ca/cyf_mental_health/BoosterBuddy.htm)
  - Features: Users can add reminders for medications and check in regarding their mood. Progress is displayed on a calendar view that shows when medication was taken, mood was reviewed, and positive activities within the app completed.

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- Depression Test | [iOS](#) | Free (offers in app purchases)
  - <https://itunes.apple.com/us/app/depression-test/id666436210?mt=8>
  - Features: Used clinically this PhQ-9 test (measures the severity of depression symptoms) this app offers a quick questionnaire to help the user understand the severity of their depression symptoms. The app also features a tracking feature that displays scores over time as well as answers to different questions on the test.

### **Let's Rethink That: Process and Positively Respond to Negative Emotions**

- Pacifica | [Android](#), [iOS](#), and [web](#) | Free
  - <https://www.thinkpacifica.com/>
  - Features: Based on Cognitive Behavioral Therapy (CBT) tactics, Pacifica's thoughts feature asks users to journal their thought, then label the cognitive distortions (unhealthy patterns of thinking) that make up their thinking. After they identify what needs reinterpretation, they can re-write their thought into a more productive statement. Also includes an audio record mode for those that would prefer not to type.
- MoodKit | [iOS](#) | \$4.99
  - <https://itunes.apple.com/us/app/moodkit-mood-improvement-tools/id427064987?mt=8>
  - Features: Users can identify the different cognitive distortions they might have regarding recent thoughts or events in a "thought checker" journaling exercise. These exercises can be reviewed and kept as journal entries. They can also be shared via email.
- MindShift | [Android](#) and [iOS](#) | Free
  - <https://www.anxietybc.com>
  - Features: MindShift is a helpful app to educate oneself on the different ways anxiety works. It walks users through alternative ways of thinking about and responding to different occasions or areas of life that might cause anxiety. Users can star their favorite insights to keep them handy as a reference within the app.

### **Strategies that Work for Me : Activities and Strategies for Reducing Stress and Negative Emotions**

- Flowly | [Android](#), [iOS](#), and [web](#) | Free (Subscription)
  - <https://itunes.apple.com/us/app/flowy/id939738064?mt=8>
  - Features: A guided breathing exercise for stress reduction disguised as a game. Players steer the boat with their finger as they follow a guided breathing exercise.

- Virtual Hope Box | [Android](#) and [iOS](#) | Free
  - <http://t2health.dcoe.mil/apps/virtual-hope-box>
  - Features: Includes guided breathing and visualization exercises, customized coping skills flashcards, a collection of inspirational quotes and more.
  
- Tactical Breather | [Android](#) and [iOS](#) | Free
  - <http://t2health.dcoe.mil/apps/tactical-breather>
  - Features: An easy to follow visual to pace the user's breathing.
  
- Breathing Zone | [Android](#), [iOS](#), and [Mac](#) | \$3.99
  - <http://www.breathing.zone/>
  - Features: An easy to follow visual to pace the user's breathing, with adjustable breathing pace, relaxing sound effects, and music.
  
- PIP Stress Tracker | [Android](#), and [iOS](#) | Device - \$179; App - Free
  - <https://thepip.com/en-us/>
  - Features: A highly sensitive biofeedback device that syncs with mobile devices via Bluetooth and walks users through interactive biofeedback activities designed to reduce stress.
  
- The Muse Headband | [Android](#), [iOS](#) and [web](#) | Device - \$249; App - Free
  - <http://www.choosemuse.com/>
  - Features: The headband detects the level of activity within the brain during guided meditation exercises. Through using this device, users can see how effectively they are able to “quiet” their minds and apply strategies during times of stress.
  
- Headspace | [Android](#), [iOS](#), and [web](#) | Free (Subscription)
  - <https://www.headspace.com/>
  - Features: A tool that teaches mindfulness meditation to users through audio recordings. The free version of the service offers 10 ten-minute exercises to help people learn the practice of mindfulness meditation.
  
- BoosterBuddy | [Android](#), and [iOS](#) | Free
  - [http://www.viha.ca/cyf\\_mental\\_health/BoosterBuddy.htm](http://www.viha.ca/cyf_mental_health/BoosterBuddy.htm)
  - Features: Provides a library of coping strategies and writing exercises for different skills. The user can create their own list of favorite coping strategies that they can reference when needed.

- NAMI AIR | [Android](#), and [iOS](#) | Free
  - <http://www.nami.org/Find-Support/Air-App>
  - Features: Designed and moderated by the National Alliance on Mental Illness (NAMI) NAMI AIR is an anonymous and safe social platform designed to give support to those living with mental health challenges. Users can press a “like” “hug” or “me too” button underneath anonymous posts to show support.

### Healthy Habits: Technology that Encourages

- SuperBetter | [Android](#), [iOS](#), and [web](#) | Free
  - <https://www.superbetter.com/>
  - Features: By managing different “power ups”, “battles”, and “quests” SuperBetter helps its users take daily steps, big and small, towards their wellness and health goals. Users can create their own custom content and set reminders to help keep them on track with their goals. Users can also indicate challenges such as depression or anxiety and the app will generate different activities or goals for the user to consider.
  
- Remente | [Android](#), and [iOS](#) | Free (offers in app purchases)
  - <https://remente.com/>
  - Features: Remente is a goal setting app that asks users to set goals across 8 different categories of personal wellness. Users can set a goal and plan out the steps by assigning due dates and reminders. The app also features an interactive infographic where users can rate their contentment across 8 areas of their life, and watch the chart change and grow across the week as improvements are made in different areas.
  
- Fitness Bracelets | [Android](#), and [iOS](#) | Prices Vary
  - <https://goo.gl/aYBFXp>
  - Features: Fitness bracelets can track important wellness data such as overall activity, the hours and quality of sleep and much more! Most bracelets use a Bluetooth connection with a smartphone to send and receive data. Factors to consider when purchasing a bracelet include its style and comfort, what sort of data it collects, the level of detail of the data it collects and how it’s fitness data is displayed on its accompanying app.

- Spire | [iOS](#) | prices vary
  - <https://spire.io/>
  - Features: Spire is a wearable device that attaches to your belt or pants waist so it can monitor breathing throughout the day. Rate of breathing can tell Spire a lot about when a user is relaxed Vs. tense throughout the day. It then shows this data to help gain insight on when as well as where you might be tense and where and when you might be more relaxed.