

Tools to Help Your Child De-Stress

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Minnesota Statewide Family Engagement Center

Simon Technology Center

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Note: The tools below are not a replacement for therapy or a replacement for crisis intervention.

*If you need crisis intervention and need immediate help, please call 911 or your local crisis line. Hennepin County crisis line is **Youth Line: 612-348-2233** or **Adult Line: 612-596-1223**. To reach a crisis line anywhere in the state call: ***CRISIS* (274747)**.*

Mindfulness

Breathing Zone: Guided Breathing for Mindfulness (Free on Android & \$2.99 on iOS, iOS & Android)

<https://breathing.zone/>

- Guided breathing app that helps individuals engage in deep breathing
- Features include 4 different breathing patterns to choose from
- No reading required

Smiling Mind (Free, web browser, iOS & Android)

<https://app.smilingmind.com.au/explore>

- Mindfulness app that has a variety of mindfulness topics
- Programs range from mindfulness during sleep, mindfulness during school, mindfulness during sports
- Additional languages available
- Some reading required

Brain.fm (3-day trial, \$50.00/annual; web browser, iOS & Android)

<https://www.brain.fm/>

- Uses music to help individuals focus, relax, or sleep
- Features include personalized music tones, ability to skip songs, and select music genres or sounds
- Minimal reading required

Anxiety, Stress, and Worry

MindShift CBT (Free, iOS & Android)

<https://www.anxietycanada.com/resources/mindshift-cbt/>

- Provides support for feelings of worry, panic, perfectionism, social anxiety, everyday stressors, and phobias

- Some tools included in the app are grounding exercises, thought journaling, coping cards, chill zone, healthy habits, goal setting, and anxiety symptom tracking
- Daily anxiety ratings with a section to note what may be impacting the anxiety
- Basic reading skills required

What's Up? – A Mental Health App (Free, iOS & Android)

Android: https://play.google.com/store/apps/details?id=com.jacksontempra.apps.whatsup&hl=en_US&gl=US

iOS: <https://itunes.apple.com/us/app/whats-up-a-mental-health-app/id968251160?mt=8>

- Uses CBT (Cognitive Behavioral Therapy) and ACT (Acceptance Commitment Therapy) to help cope with negative feelings
- Features include diary and rating scales for tracking feelings and emotions, habit tracker, goal setting, grounding exercises, breathing exercises, and positive quotes
- Basic reading skills required

Nabu – For Challenging Moments (Free, iOS & Android)

Android: https://play.google.com/store/apps/details?id=co.pocketcoach.nabu&hl=en_US&gl=US

iOS: <https://apps.apple.com/us/app/nabu-for-challenging-moments/id1482567787>

- Digital coach on your phone that functions similarly to texting.
- Exercises for mindfulness, feelings of anxiety, stress, worry, difficulty sleeping, and procrastinating
- Familiarity with texting required

Gamified Apps

#SelfCare (Free, iOS & Android)

<https://truluv.ai/vision>

- A mobile game that builds self-compassion, self-acceptance, and self-care through the game.
- Features include a feelings journal, animal companion, mindfulness practices, and self-care practices.
- Middle school to high school reading and comprehension required

SuperBetter (Free, web browser)

<https://www.superbetter.com/>

- Uses a gamified approach to addressing challenges and barriers in our life
- Set challenges and complete quests to build skills and resiliency in the areas identified as struggles
- Elementary to high school reading required

Contact PACER Center

Call: (952) 838-9000

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Visit www.pacer.org/stc or www.pacer.org/about/programs/family-engagement-center