

ANXIETY RESOURCES: APPS, WEBSITES *and* VIDEOS

This list is for students and includes a variety of apps, websites and videos that may help with anxious thoughts, feelings and behaviours.

Apps

- A Soft Murmur:** Custom ambient sounds.
- BFT – Bear Focus Timer:** Combines the Pomodoro time management method with motivational messages (\$1.99).
- Breathr:** Free app with guided mindful exercises.
- Calm:** A popular app for sleep, meditation, music, and classes.
- GritX:** Learn and practice evidence-based health and wellness skills.
- iBreathe:** Simple guided breathing app.
- MindshiftCBT:** Free app includes audio tracks with customizable voice and visualizations, along with specialized tools for presentations, test anxiety, and more.
- MyLife Meditation: Mindfulness:** brief written instructions and guided meditation audio.

Websites

- A Soft Murmur:** Custom ambient sounds (like rain, coffee shop, crickets) to reduce distracting noises.
- Anxiety Canada:** Many resources for understanding and managing anxiety.
- GritX:** Resources for self-reflection and self-care.
- HeretoHelp:** Find quality information, learn new skills, and connect with key resources in BC.
- Mindful:** Website to explore for inspiration; includes guided meditations.
- MindfulnessForTeens:** Includes audio recordings from Dr. Dzung Vo.
- Soothing Relaxation:** Numerous videos with calming audio to choose from.
- Tomato Timer:** Organize your study time with the Pomodoro method.

You Tube

- Being with All of Your Experiences:** Dealing with unwanted thoughts, feelings, and experiences.
- Focus and Concentration:** Tips for staying focused and improving concentration skills.
- Guided meditation to help with test anxiety:** Feeling nervous or stressed out about a big test coming up? Take a few moments to relax and refocus with this guided meditation from Khan Academy.
- How Can Sleep Affect a Teenager’s Education?:** A scientific expert explains how sleep enables learning and memory.
- Planning and Organization:** Crash Course on how planning and organization can set you up for success at school.
- Procrastination:** Crash course that helps you understand your procrastination on a deeper level and offers some practical steps for overcoming it.
- Public Speaking Anxiety Tips:** Info on both the mindsets and the practical steps to help you deal with anxiety for an oral presentation.
- Test Anxiety:** Crash Course full of helpful tips and strategies for dealing with test anxiety.
- The Science of Gratitude:** Research shows that an “attitude of gratitude” can measurably improve your overall well-being.

