



COVID-19 PSYCHOLOGICAL WELLNESS GUIDE:

HELPFUL APPS FOR EFFECTIVE COPING*

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* NOTE: This list is provided as a general resource guide based on recommendations of clinical practitioners within the Emory community and does not represent a systematic review or empirical evaluation of the efficacy of the applications listed here.

Mindfulness

- *Headspace App*: <https://help.headspace.com/hc/en-us/articles/206479177-How-can-I-download-the-app->
- *Stop Breathe Think App*: <https://www.stopbreathethink.com/>
- *Positive Psychology Exercises App*:
<https://scholar.harvard.edu/bettina.hoeppner/positive-psychology-exercises>
- *Calm*: <https://play.google.com/store/apps/details?id=com.calm.android>
- *Mandala Coloring Apps*: <https://peaksel.com/category/coloring-pages/>
- *Colorfy App*: https://play.google.com/store/apps/details?id=com.fungamesforfree.colorfy&hl=en_GB
- *Guided Meditations (from UCLA)*: <https://www.uclahealth.org/marc/mindful-meditations>
- *Let's Meditate*:
https://play.google.com/store/apps/details?id=com.meditation.elevenminute&hl=en_US



- *Simple Habit*: <https://www.simplehabit.com/>
- Meditation and Relaxation: Guided Meditation:
https://play.google.com/store/apps/details?id=com.fitness22.meditation&hl=en_US
- Mindful Breathing GIFs:
<https://www.healthline.com/health/box-breathing>
<https://giphy.com/gifs/meditation-NwzYTVWay9T6o>
<https://www.destressmonday.org/deep-breathing-visualization/>
- Motivation – daily quotes
<https://apps.apple.com/us/app/motivation-daily-quotes/id876080126>
- UF Psychiatry – Relaxation and Mindfulness, Guided Meditations
https://www.youtube.com/playlist?list=PLJWuMBoY4jMpVTEXe_cWU2f8SvD-V5ZnXc

Anxiety

- *Insight Timer App*: <https://insighttimer.com/>
- Tide App:
<https://apps.apple.com/us/app/tide/id1077776989>
<https://play.google.com/store/apps/details?id=io.moreless.tide>
- 5-Minute Relaxation Quick Guided Meditation App:
<https://play.google.com/store/apps/details?id=uk.co.olsonapps.fiverelax.enesja>



- *Personal Zen*: <https://apps.apple.com/us/app/personal-zen/id689013447?ls=1>
- *Self-Help Anxiety Management*: https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en_US&gl=US
<https://apps.apple.com/us/app/self-help-for-anxiety-management/id666767947>
- *Mindshift*:
<https://apps.apple.com/us/app/mindshift-cbt-anxiety-canada/id634684825>
- *Superbetter*: <https://apps.apple.com/us/app/superbetter/id536634968>
- *Anxiety GIFs*:
https://www.reddit.com/r/oddlysatisfying/comments/3oyj68/take_a_moment_to_breathe/
- *ReachOut Worry Time*
https://play.google.com/store/apps/details?id=com.worrytime&hl=en_US&gl=US

Stress

- *Sanvello for Stress, Anxiety & Depression*:
<https://play.google.com/store/apps/details?id=com.pacificalabs.pacifica>
- *CPT Coach App*: <https://apps.apple.com/us/app/cpt-coach/id804271492>
- *Rootd App*: <https://www.rootd.io/>



Healthy Living

- *My Wellness Coach App*: <https://mywellnesscoach.arizona.edu>
- *Down Dog Yoga and Exercise App*: <https://www.downdogapp.com/>
- *Yoga Studio App*: <https://www.yogastudioapp.com/>
- *Pocket Yoga App*: <https://www.pocketyoga.com/apps/pocket-yoga/>

For Kids

- *Stop Breathe Think (Kids) App*:
<https://apps.apple.com/us/app/stop-breathe-think-kids/id1215758068>
- *Breathe, Think, Do with Sesame Street App*:
<https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>
- *Disney Dance Workouts*: <https://www.thisgirlcan.co.uk/activities/disney-workouts/>
- *I Can Relax series* by Donna Pincus Ph.D. (on Spotify and YouTube)

For Healthcare Workers

- *Ten Percent Happier App*: <https://10percenthappier.app.link/install>
- *Virtual Hope Box App*: <https://psyberguide.org/apps/virtual-hope-box/>



- *Shine App*: <https://www.financialhelpresources.com/city/atlanta-ga.html>

For Emory Employees

- *Virgin Pulse App*:
<https://hr.emory.edu/eu/wellness/healthy-emory-connect/index.html>

For Connecting

- *WhatsApp App*: <https://www.whatsapp.com/download/>
- *MarcoPolo App*: <https://www.marcopolo.me/download/>
- *Snapchat App*: <https://www.snapchat.com/download/>
- *FaceTime App*: <https://ifacetimeapp.com/>
- *NetflixParty* (computer browser extension/add-on): <https://www.netflixparty.com/>

COVID-19 Information

- *Coronavirus Check*: <https://c19check.com/start>

General Coping/Support for Overall Mental Health

- *COVID Coach*: https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp