

10 Free Apps To Help With Anxiety

1. Anxiety Free

According to HealthLine, a clinic-based **hypnotherapist**, Donald MacKinnon, developed the app. It is designed to use self-hypnosis to help teach techniques for **relaxation**.

The other aim is to alter **subconscious** thoughts to lead to more peaceful thoughts and moods in general.

2. Pacifica

This app teaches deep **breathing** and behavioral exercises. It also teaches the user how to identify **negative** thinking patterns and learn how to replace them with positive ones. It is one of the more personal apps, as it focuses on the cause of [anxiety](#) and personalizes itself using voice recordings. It also uses Cognitive Behavioral Therapy (**CBT**) as well as reinforcing exercises. This app is designed to be used in conjunction with therapy.

It is reviewed and approved by the ADAA (the Anxiety and Depression Association of America)

3. Panic Relief

For those who suffer panic disorder, this easy-to-use app is another ADAA reviewed and approved app. It uses empirically supported coping tools to help handle **panic attacks**. It uses muscle relaxation, rest, breathing, and other skills to help **calm** and safely move through a panic attack.

4. Self-Help Anxiety Management

This app focuses on the idea of **mindfulness**, or self-awareness. It helps you understand the causes of your anxiety and aids you to **monitor** it. It focuses on anxious thoughts and behaviors, and provides exercises to deal with them and private reflection. Unlike some apps, this app is focused towards a specific **age** range of older teens and adults. This is **ADAA** reviewed and approved, according to the Anxiety and Depression Association of America.

5. MindShift

Another age targeted app, this one for **adolescents** and young adults. This app is to help gain basic skills to manage anxiety symptoms. It is to help with a wide range of **disorders** including GAD, social anxiety, specific phobias, and panic attacks. It also helps manage excess worry, performance anxiety, test anxiety, and perfectionism. With a list of active coping strategies for the specific type of anxiety the user has, it allows a **personalized** experience. It also features a "Chill out" tool, which uses breathing exercises, mental imagery, and mindfulness strategies. "Quick Tips" are included to assist with anxiety in the moment.

Users can favorite the methods that work for them. This is ADAA reviewed and approved.

6. Stop, Breathe & Think

Another mindfulness driven app, Stop, Breathe & Think uses the foundational methods of meditations. Featured on This Way Up, a **website** by Professor Gavin Andrews and his team of psychiatrists and clinical psychologists backed by the Australian government, this app allows users to track feels before and after meditation and view **yoga [videos](#)**. The goal is to offer the chance and skills to just breathe and think. The meditations are goal oriented and are constructed to help **calm** down.

7. Live OCD Free

For **children** and adults with OCD, this app is designed to help aid CBT **treatment**. It includes **ERP** (exposure response prevention) exercises, reminders, and guide with custom and standard ERPs. It is highly personalizable, as well as reviewed and approved by the ADAA.

8. Breathe2Relax

This is an app by the National Center for Telehealth & Technology that teaches breathing techniques to manage stress. The pace can be personalized for what is most relaxing to the user and includes a map to **track** personal progress. It helps manage fight-or-flight responses that during panic attacks, as well as aids in **mood stabilization** and anger control.

It too is ADAA reviewed and approved.

9. Calm

Combining mindfulness and meditation to manage anxiety symptoms, this app is noted for its **serene** interface. It uses relaxing **sounds** and **guided** meditations. From building self-esteem to calming anxiety, it offers a variety of uses all aimed to help the user stay calm.

10. 7 Cups

Crunchbase discussed another helpful app worth taking a look. It is 7 Cups. It functions as a therapy **chat** room, allowing the user to talk about problems causing stress or panic. It can also act like a chat room to **connect** and discuss issues with others dealing with anxiety disorders. It is a confidential place to just talk. It also has over 300 mindfulness exercises. If that isn't enough, **licensed** therapists are also available