

# Top apps to help you relax in just minutes!

## **Breathe2Relax (available for Android & iPhone - Free)**

Your breathing has a profound effect on your body. You know this is true if you've ever taken deep breaths to calm down when you were upset. Often just a few deep breaths can help you feel more centered and in control.

The Breathe2Relax app uses guided breathing exercises to help reduce symptoms of stress. So if you're feeling stressed, slip away into a quiet room, open your app and let the worry and stress pass by with each breath you take.

## **Relax Melodies (available for Android & iPhone - Free)**

Stress and worrying can disrupt healthy sleep patterns. It's really difficult to fall asleep when you are worrying about something – and it can become a vicious cycle – the more you worry, the harder it is to fall asleep. Before you know it, you are worrying about how you cannot fall asleep! However, creating a calming environment may help you fall asleep and stay asleep!

So lie down and unwind to one of the app's 50 relaxing sounds. Want the music to stop once you're asleep? Set a timer, and it will stop playing. Set an alarm so you wake up on time. Then, enjoy the benefits of a good night's sleep.

## **Worry Box (only available for Android - Free)**

Have you ever wished you could put all your worries in a box, leave them there and walk away? The Worry Box app may let you do just that!

The app functions like a journal, so write down your thoughts and worries and let the app help you think through them. In addition, this interactive app will also ask you questions and give specific anxiety-reducing support. It is all password protected, so you can feel safe sharing the details of your stresses.

