

11 Free Apps to Help Your Teen Manage Stress Better



7 CUPS:
ANONYMOUS EMOTIONAL SUPPORT



RELAX MELODIES:
100 SOOTHING SOUNDS



MINDSHIFT:
HELPS TEENS WORK THROUGH ANXIETY



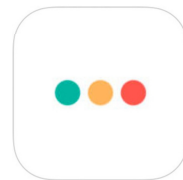
COLORFY:
COLORING APP-CREATIVE OUTLET



HEAR & NOW:
MEASURES BODY'S STRESS LEVEL
THROUGH PULSE
USING THE PHONE'S CAMERA



CALM:
MINDFULNESS & MEDITATION



MOOD:
MOOD TRACKING APP



TALKSPACE:
ONLINE THERAPY APP



AURA:
THREE MINUTE MEDITATION



PACIFICA:
DAILY TOOLS FOR STRESS & ANXIETY



MOOD TRACK:
MOOD TRACKING APP WITH PERSONALIZED
NOTES & RATING SCALE 1-5

*For more information on these Apps you can also visit: <https://slapdashmom.com/anxiety-apps-teens/>



NAVIGATE HOPE

www.navhope.org

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