

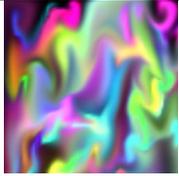
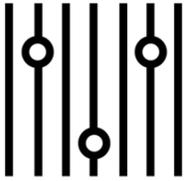
App Recommendations for Anxiety

Social Stories and Social Skills			
Icon	Name of App	Description	Price
	MindShift	Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety	Free
	My DPS	The Digital Problem Solver (DPS) originally appeared in The Social Express™ as a tool for the characters to use to identify emotions and coping strategies. Users quickly requested a real DPS to use outside of the software. My DPS is a customizable application that enables individuals to select a feeling and a coping strategy to calm themselves. My DPS features eight feelings including: Bored, Surprised, Mad, Annoyed, Happy, Scared, Sad, and Frustrated There are four coping strategies which include: Use Positive Self-Talk, Take Five Deep Breaths, Take a Break to Calm Down, Remind Myself to Keep Negative Thoughts In My Head	2.79
	FriendMaker	The FriendMaker mobile app and the book The Science of Making Friends by Dr. Elizabeth Laugeson distill guidance from UCLA's acclaimed PEERS program, the only evidence-based social skills intervention available for teens and young adults with autism and other social impairments. The app breaks down the process of making friends into easy, concrete steps—from choosing friends and improving conversational skills to online etiquette and handling teasing. The role-play videos demonstrate these social skills in action. For Apple iPhone and iPad, the FriendMaker app can help adolescents and adults who struggle socially, including those with autism spectrum disorders/Asperger's, ADHD, bipolar, sensory processing disorder—or just anyone who could use a primer on the unwritten rules of social behavior.	1.39
	Breathe2Relax	Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker	Free

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	<p>Headspace</p>	<p>Meditation made simple. Guided meditations suitable for all levels from Headspace. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.</p>	<p>Free</p>
	<p>Social Stories Creator</p>	<p>An amazing app for easily creating, sharing and printing educational social stories, visual schedules, and beautiful memories. Persons with special needs often need more direct instruction of social skills. Teaching social skills to any person may be easier and less stressful when visual supports, like social stories are used. The social stories found in this app explain accurate social information and ensures that the person will know what to expect in different situations.</p>	<p>Free</p>
	<p>Stories2Learn</p>	<p>Stories2Learn offers parents and educators the ability to create personalized stories using photos, text, and audio messages. These stories can be used to promote an individual's literacy, leisure, as well as social skills. With Stories2Learn an educator can quickly create a story that shows various social cues. For example, if an individual is learning a new concept such as turn taking, making improved eye contact, sharing, or other social messages, these concepts can be quickly depicted in a story created by parent or educator within minutes! The creator is able to add their own audio and write dialogue that corresponds to the photos.</p>	<p>13.99</p>
	<p>Social Skills</p>	<p>Social Skills offers parents and educators the ability to interact with six social narratives designed to help individuals improve their social ability. With Social Skills, the stories contain targeted instruction in the following core areas: Joint Attention; Non-Verbal Communication; Greetings; Structured game play; Turn Taking; Classroom rules; and Imitation. In addition to using the specific content, users can modify the stories by adding different photos, text, as well as audio. The end results allows for the individual to look at a social photo, touch the picture for audio, and continue onto the next page!</p>	<p>6.99</p>
	<p>QuickCues</p>	<p>QuickCues is a social script app that helps teens and young adults on the autism spectrum to handle new situations and learn new skills. Social scripts have been used successfully for years, but QuickCues makes these tools mobile and easy to use in everyday situations. With Quick Cues you can add four additional modules each priced at \$4.99. The Communication module comes pre-installed and provides help with conversations at school or work, listening, and talking on the telephone. It also gives tips on reading body language and finding shared interests with others. Available for additional purchase via the In-App purchase are Life Skills Module, Socialization Module and the Coping Module.</p>	<p>4.99</p>
	<p>Relax Melodies</p>	<p>Take back control of your sleep with Relax Melodies and join our community of millions that sleep better every day. Start sleeping now and enjoy full nights of sleep like you haven't in a long time. Select sounds and melodies that you like, combine them and adjust the volume of each sound to create a mix. Add</p>	<p>Free</p>

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		one of our meditations specially designed for sleep, lay back, listen, and enjoy falling asleep. It's that simple and it works. Create different and new mixes every time.	
	Fluid Dynamics	This is a realtime Navier Stokes equation solver for the iPod, iPhone or iPad. You can draw colors on the canvas using a single finger. When using multitouch gestures you can twist and twirl the fluid and see Navier Stokes in action!	Free
	Simply Yoga	Simply Yoga is your own personal yoga instructor. The app contains a 20, 40 and 60 minute yoga routine that step you through each pose. Each pose is demonstrated by a certified personal trainer, so simply choose your workout length and follow along in the comfort of your own home.	Free
	ZenView	Simply sit back and watch as the fresh spring rain creates a changing pattern of ripples across your camera view. As the gentle sound of rain mixes with the tranquil ripples moving across your world just touch the screen to add your own drips and drops.	Free
	Bla Bla Bla	Bla bla bla is a sound reactive app that provides visualizations for the volume of voice heard. It also provides visualization for expression and mouth size.	Free
	Calm	Calm app is for Sleep, Meditation and Relaxation. Join the millions experiencing better sleep, lower stress, and less anxiety with our guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music.	Free (trial)