

RELAXATION & COPING MOBILE APPS



TOOLBOX COPING CARDS

- Features:
 - Coping cards
 - Can be linked to emotions if user can identify how they're feeling
 - User can rate how healthy their coping is (1-10)
 - Can play games as a group or complete challenges
- Platform: iOS & Google Play
- Price: \$6.99
- [Download Here](#)

The app interface is shown in two screenshots. The left screenshot displays a grid of emotion cards under the heading "COMPARTMENTS". The cards are arranged in four rows and three columns:

- Row 1: ANGER (starburst icon), FEAR (fearful face icon), DISCONNECTED (signal tower with X icon)
- Row 2: EMBARRASSED (smiling face with red cheeks icon), SAD (sad face icon), VULNERABLE (heart with blood splatter icon)
- Row 3: ENCOURAGEMENT (two hands holding a heart icon), KEEP/SHARE (two people icon), I CAN C.O.P.E. (thumbs up icon)
- Row 4: GET IT IN GEAR (head with gear icon), HUMAN EQUATIONS (person icon), FAVORITES (heart icon)

At the bottom of the grid are two icons: "SHUFFLE" (circular arrows) and "CARD OF THE DAY" (stack of cards).

The right screenshot shows a "VULNERABLE" card with the following text:

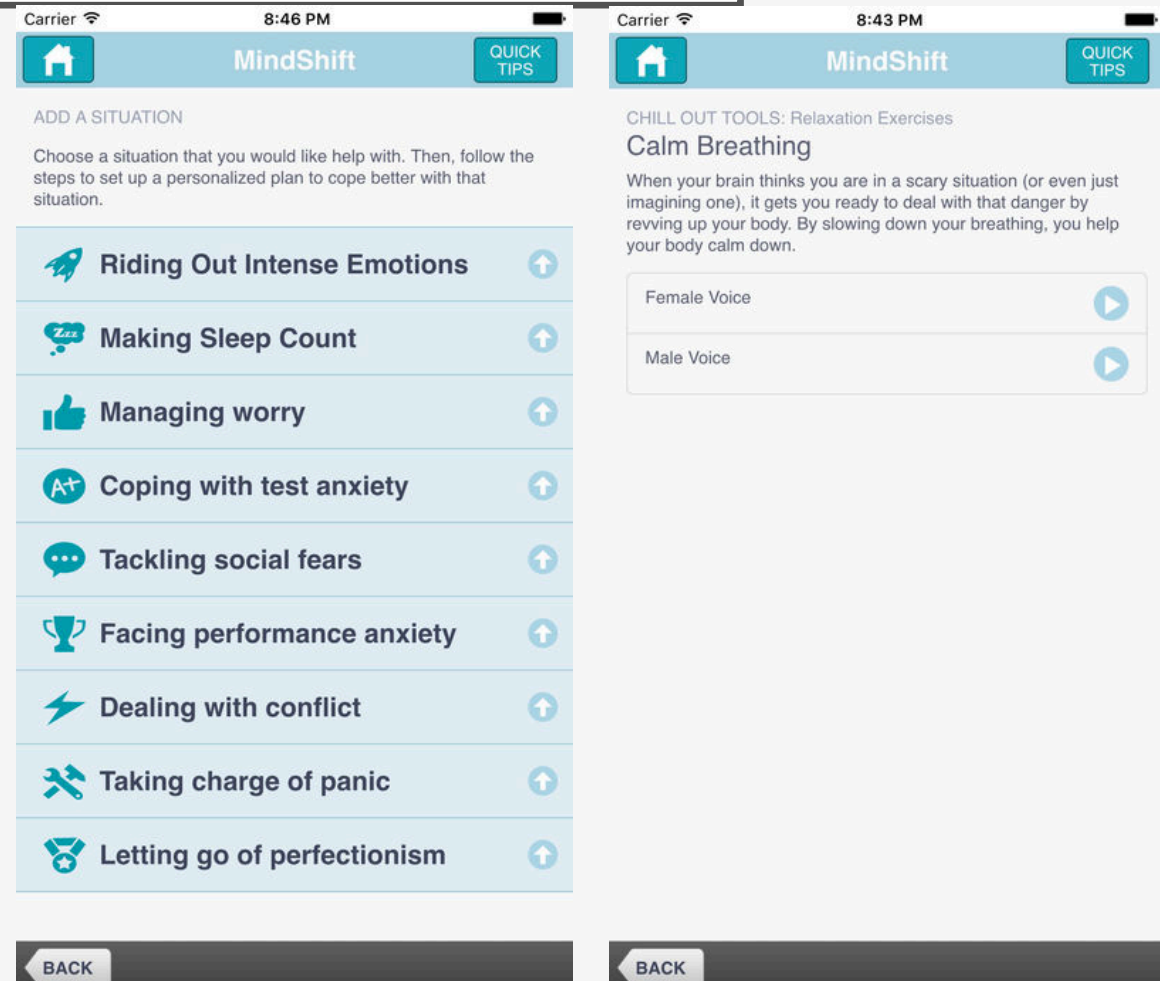
V1 "Right now I am feeling...."
I can choose to...
Consider how proud I will feel when I have taken a healthy risk.
Think:
The only way I will grow is by doing things that take me out of my comfort zone. That's okay.
"After healthy risking I feel...."

At the bottom of the card is a rating scale: "I went from 5 out of 10". Below this is a legend: "1 = Unhealthy Coping" and "10 = Healthiest Coping". The scale itself is a horizontal line with numbers 1 through 10, and a purple arrow points to the number 5.



MINDSHIFT

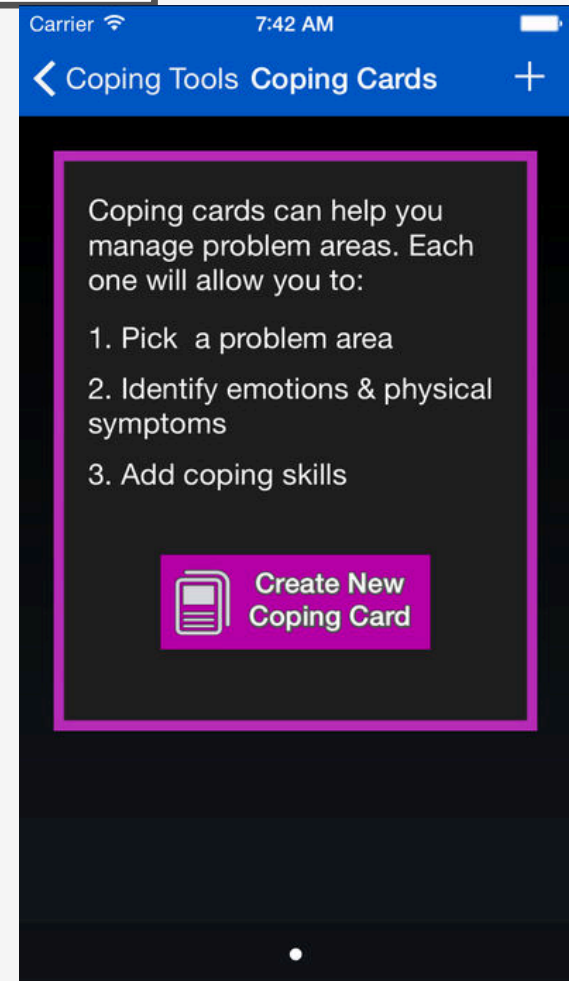
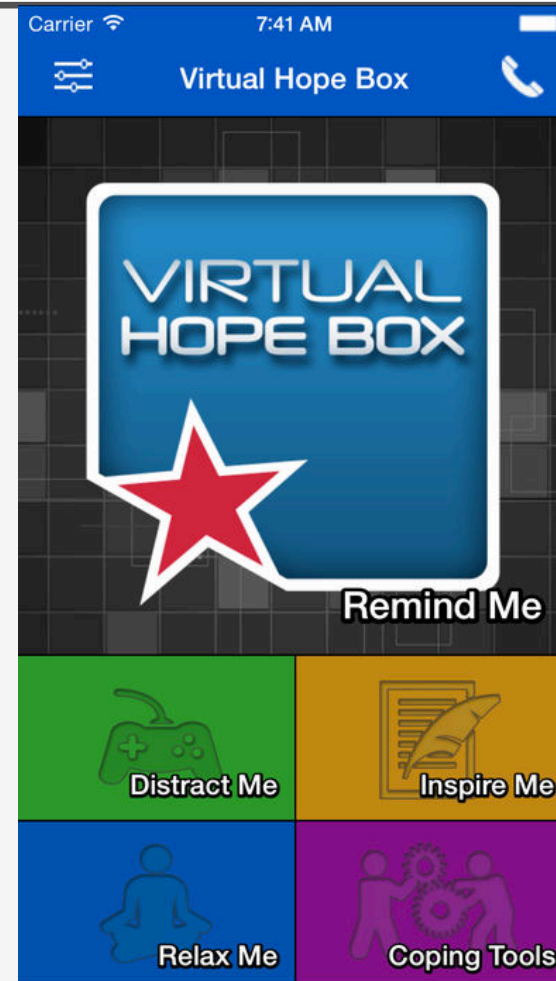
- Developed by Anxiety Disorder Association of British Columbia
- Features tools to address:
 - Sleep, riding out intense emotions, social anxiety, performance anxiety, worry, panic, conflict
- Platform: iOS & Google Play
- Price: Free
- [Download Here](#)





VIRTUAL HOPE BOX

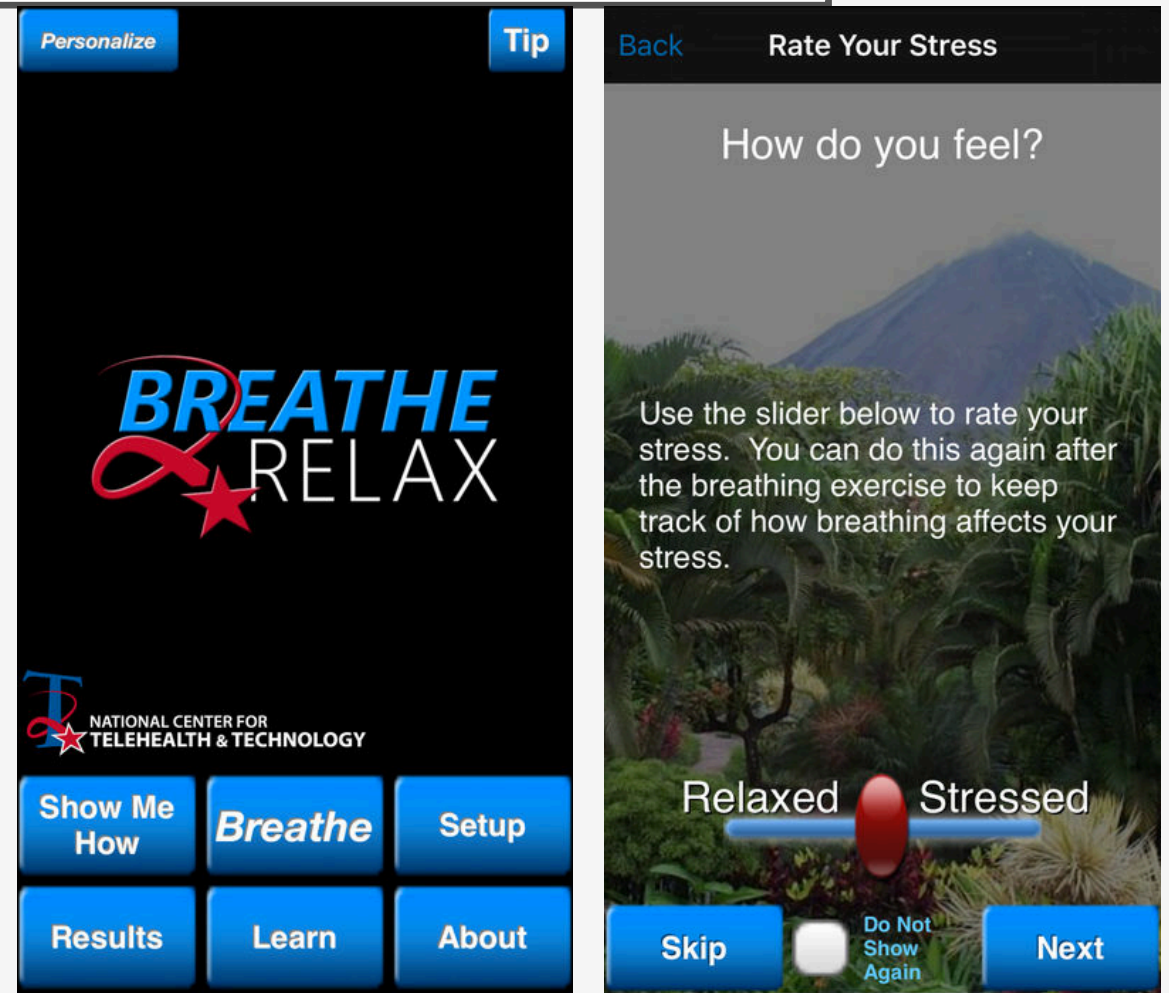
- Developed by the National Center for Telehealth & Technology
- Features:
 - Tools for coping, relaxation distraction, and positive thinking
 - Can be personalized for specific needs
- Platform:
 - iOS & Google pLay
- Price: Free
- [Download Here](#)





BREATHE2RELAX

- Features:
 - Breathing exercises
 - Walk-throughs of breathing exercises
- Platform: iOS & Google Play
- Price: Free
- [Download Here](#)

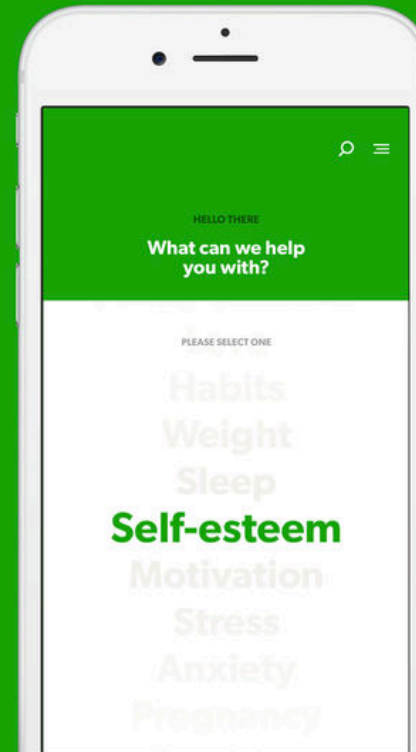




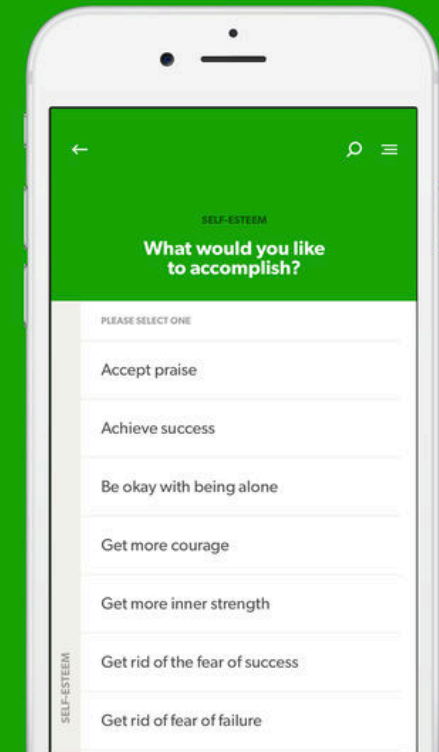
HELLO MIND

- Features:
 - Relaxation and breathing exercises
- Platform: iOS
- Price: Free (in-app purchases)
- [Download Here](#)

Choose what you want
to improve



Get specific
with your needs





MY JOURNEY

- Features:
 - Mood monitoring, goal-setting, progress tracking
 - Medication/prescription management
 - Tips (e.g., falling asleep and sleeping better)
- Platform:
 - Google Play
- Price: Free
- [Download Here](#)

