



## APPS TO HELP WITH STRESS.

Mobile phones are synonymous with children today. And while they can be associated with causing stress, there are also some apps designed to help. When young people don't want to open up or are looking for techniques to help them calm down these might help.

### BREATHE2RELAX

Portable stress management tool.

### CALM

Guided meditations and sleep stories to ease stress and improve sleep.

### HEADSPACE

Train your mind for a healthier, happier life by reducing daily anxieties and stresses.