

# STRESS MANAGEMENT APPS



This is a general list of apps for stress management. This list is not a substitute for professional medical advice, diagnosis, or treatment. Talk with your doctor about any questions you may have regarding a medical condition. If you think your child may have a medical emergency, call the doctor or 911 immediately.

*Please see the back side of flier for additional details regarding featured apps.*

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TITLE	DESCRIPTION	COST	AVAILABLE
Take a Break! Guided Meditations for Stress Relief	This app is simple and quick. It has 2 guided meditations: a 7-min work break and a 13-min stress relief versions.	FREE	Both Apple and Android
Stop, Breathe, & Think by Tools for Peace	This app allows for you to check which emotions fit you in that moment and get tailored recommendations for mediations that would be good for those emotions.	FREE	Both Apple and Android
Breathe2Relax by The National Center for Telehealth and Technology	This app provides information about how stress affects the body and helps you practice the stress management skill of diaphragmatic breathing.	FREE	Both Apple and Android
Fast Calm by Calm Apps	This app allows you to practice deep breathing to reduce stress.	FREE	Both Apple and Android
Breathe, Think, Do with Sesame Street	This app teaches young children how to calm down and problem-solve everyday challenges.	FREE	Both Apple and Android
The Gratitude Habit: a happiness workshop by GiGi Games, LLC	This app was created by the father of a child with chronic illness. It explains how being grateful (noticing “what went well”) improves your mood and gives you tips on how to get in the habit of being grateful.	FREE	Apple only
MindShift by Creative B’stro	This app provides cognitive-behavioral therapy strategies for many types of anxiety including: test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict.	FREE	Both Apple and Android
CBT-i Coach by US Department of Veterans Affairs	This app provides cognitive-behavioral therapy strategies to improve sleep. It can help you learn about sleep, develop positive sleep habits, and improve your sleep environment.	FREE	Both Apple and Android
iReward Chart Lite by Got Clues, Inc	This app allows you to easily keep track of your child’s good behavior and reward them so they stay motivated to behave well.  Chore Monster is another FREE app for Apple and Android	FREE	Both Apple and Android