

# SELF-CARE & SLEEP wellness



McLEAN COUNTY

Center for  
Human Services  
mcchs.org

WELLNESS APPS



**Happify - for Stress & Worry**  
Happify, Inc. · 4+ · Free / In-App Purchases  
Science-based activities and games help you overcome negative thoughts, reduce stress, and build greater resilience to overcome life's challenges. Includes a strengths assessment and interactive journal.



**MindShift CBT**  
Anxiety Canada Association · 4+ · Free  
MindShift helps you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety, worry, panic, perfectionism, or phobias.



**Headspace - Meditation & Sleep**  
Headspace Inc. · 4+ · Free / In-App Purchases  
Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health. Includes short SOS meditations for when you're on the go.



**Smiling Mind**  
Smiling Mind · 4+ · Free  
Mindfulness meditation app for all ages to help bring balance to your life. Programs are designed to assist in dealing with the pressure, stress, and challenges of daily life, in about 10 minutes a day.



**Youper - Emotional Health Assistant**  
Youper, Inc. · 12+ · Free / In-App Purchases  
Incorporates strategies from Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Mindfulness, and others to personalize various therapy and mindfulness techniques to fit your needs.



**Aura - Mindfulness, Sleep & Meditation**  
Aura Health · 4+ · \$ Premium / Free Trial  
Reduce stress & anxiety, improve focus, and sleep better using short daily mindfulness meditations, life coaching, stories, and music. Offers a gratitude journal, mood tracker, and community support.



**Deeply - Meditation & Self-Care**  
Netus LLC · 17+ · Free / In-App Purchases  
Meditation should not be a chore. Deeply is an inviting, colorful experience where visual styling, animation, a soft guiding voice, and music will help you to get to the relaxing state.



**Stop, Breathe & Think**  
Stop, Breathe & Think · 4+ · Free / In-App Purchases  
Daily emotion Check-ins let you receive meditation and mindfulness recommendations tuned to how you feel. This calming meditation app helps you stay mindful, de-stress, sleep better, and build emotional strength.



**Reflectly - Journal, Diary, Self-care**  
Reflectly · 4+ · Free / In-App Purchases  
Personal journal, mood tracker and diary enables you to deal with negative thoughts, make positivity louder and to teach you about well-being. Reduce stress, get perspective, develop gratitude and empathy in your life



**Shine - Calm Anxiety & Sleep**  
Shine, Inc. · 4+ · Free / In-App Purchases  
Learn a new self-care strategy every day, get community support, and explore meditations, stories, and ambient music to help you with stress & anxiety. Log what you're grateful for and receive daily check-ins tailored to mood.



FREE

**Woebot - Your Self-Care Expert**  
Woebot Labs · 12+ · Free  
Woebot can help you think through situations with step-by-step guidance; learn about yourself with intelligent mood tracking; and master skills to reduce stress and live happier.



**Calm - Meditate, Sleep, Relax**  
Calm.com, Inc. · 4+ · Free / In-App Purchases  
This app is helpful for staying in the moment and can be helpful for relieving stress, anxiety, and help with sleep. It includes timed meditations and body scans to help you relax if only for a few minutes.



**Aloe Bud \*Apple App Store only**  
Aloebud LLC · 4+ · Free / In-App Purchases  
Create and develop self-care routines that work for you. Aloe Bud brings awareness to physical, mental and emotional needs throughout the day using scheduled reminders you set up for yourself.



**Relax Melodies - Sleep Sounds**  
Ipnos Software Inc. · 4+ · Free / In-App Purchases  
Relax Melodies helps you fall asleep by helping you create your own bedtime experience. Choose or mix options from Soothing Sounds, Bedtime Stories, Sleep Meditations, and SleepMoves.



**#SelfCare**  
Tru Luv Media, Inc. · 12+ · Free / In-App Purchases  
This role-playing app lets you stay in bed to reflect, unwind, and relax by doing calming activities, mini-games, practice breathing exercises or write journal entries.



**PrimeNap - Sleep Tracker \*Android only**  
Excelling Apps · 4+ · Free / Offers In-App Purchases  
This app tracks your sleep cycle, has a dream journal, and plays sleep sounds that stop automatically once the app thinks you have fallen asleep. You are able to choose your own music and sounds.

*\*McLean County Center for Human Services (MCCHS) does not endorse or is affiliated with any of these apps; any views, thoughts, or opinions expressed within or linked to by these apps do not necessarily represent the views of MCCHS; use of any of these apps is strictly at your own risk and MCCHS is not responsible for any actions taken upon the information presented.*

# EMOTIONAL & STRESS wellness



**Rootd - Panic & Anxiety Relief**  
Simple Rooted Media · 4+ · Free / In-App Purchases  
Overcome panic attacks and anxiety with Rootd's lessons, panic button, breathing tool, and exercises. Has a personal stats page to track progress.



**T2 Mood Tracker**  
T2 | National Center for Telehealth & Technology · 4+ · Free  
Monitor moods on six pre-set scales or create a custom scale. Rating graphs help track moods over time. Notes can be recorded to document daily events, changes in prescription, and more.



**Panic Relief**  
Geoffroy Aps · 4+ · \$ Premium  
The Panic Relief app is targeted to help individuals with panic disorders access easy-to-use coping tools to better manage and move through panic attacks.



**Breathe2Relax**  
T2 | National Center for Telehealth & Technology · 4+ · Free  
A simple and intuitive app to teach breathing exercises to manage stress, anxiety, or PTSD. It can be personalized to a pace that you find relaxing and includes a video demo, reading materials, and a chart to map personal progress.



**Moodpath**  
MindDoc Health · 12+ · Free / Offers In-App Purchases  
Personalized mental health companion to support in phases of stress, depression, and anxiety. Assess your mental health, track, monitor and reflect on your mood, and take a break from negative thoughts and overwhelming emotions.



**Virtual Hope Box**  
T2 | National Center for Telehealth & Technology · 4+ · Free  
Helps with coping, relaxation, distraction, and positive thinking. Lets behavioral health providers work together with you to personalize content, as well as store your own personal support content like photos, videos, music, etc.



**Mood App: Journal** \*Apple App Store only  
Young Human, LLC · 12+ · Free  
Mood diary with journal prompts, day one calendar, emotional journal, live venting, and tracking app to help analyze stress for episodes of depression and anxiety.



**CBT Thought Diary**  
MoodTools · 4+ · Free / Offers In-App Purchases  
Helps you identify your emotions, analyze your feelings, challenge negative beliefs, change your thinking patterns, and remember positive experiences. Mood tracker, thought record, and gratitude journal.



**HOLD - Stress & Self-Care** \*Android only  
innovationalpha · 4+ · Free  
A personal space to let out what's on your mind and make self-reflection more effective. Avoid everyday anxiety and stress by taking control of your thoughts when it's right for you instead of overthinking at times you don't want to.



**MoodTools - Depression Aid**  
MoodTools · 12+ · Free / Offers In-App Purchases  
Includes a Thought Diary to improve mood and identify negative / distorted thinking patterns; energizing activities with mood tracker, information, resources and safety plan guides, symptom test and video links.



**AnxietyHelper** \*Apple App Store only  
Astra Labs · 12+ · Free  
This resource guide gives you facts, statistics, and links you to on-line resources and hotlines you can call. It also covers self-harm, panic attacks and eating disorders. Includes deep breathing techniques.



**Moodnotes** \*Apple App Store only  
ThrivePort, LLC · 12+ · Free / Offers In-App Purchases  
Mood tracker & journaling app to capture your mood and help you improve your thinking habits. Empowers you to track your mood over time, avoid common thinking traps, and develop increased happiness and well-being.



**Sanvello**  
Sanvello Health Inc. · 12+ · Free / In App-Purchases  
Formerly Pacifica, Sanvello offers techniques and support to help deal with stress, anxiety, and depression. Features include daily mood tracking, guided journeys, coping tools, weekly check-ins and progress assessments.



**Mood Balance - Daily Tracker**  
\*Apple App Store only  
Harmonybit Ltd. · 4+ · Free / In-App Purchases  
Helps you achieve relaxation through analyzing your feelings, and reflect on their causes. Track your stats daily and play stress relief games.



**Worry Watch** \*Apple App Store only  
Akilan Rajendran · 4+ · \$ Paid App  
Anxiety journal and thought diary, this app has you write down anxious thoughts and track "what if" predictions vs. "what did" happen in reality. Helps to challenge negative thinking habits and affirm optimism.



**MoodKit** \*Apple App Store only  
ThrivePort, LLC · 4+ · \$ Paid App  
Engage in mood-enhancing activities, identify and change unhealthy thinking, rate and chart mood across time, and create journal entries using custom templates designed to promote well-being.

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