

# Stress Management Apps

## Stress Specific

These apps are specifically designed to help you manage your stress better.

### **Breathe2Relax**

<https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8>

- 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

### **iPause**

<https://itunes.apple.com/us/app/ipause/id309635237?mt=8>

- \$1.99
- With iPause for your iPhone or iPod Touch, you can find tranquility wherever you happen to be. Just open the app, choose one of six soothing labyrinths and let your inner journey begin. Watch the translucent green glass marble make its way through the winding pathways, or push it along with your finger as soothing background music eases you deeper into your meditation. Adjust the speed of the marble and the music volume with the easy-to-use slider bars. As you concentrate on the marble, you are immersed in contemplative thought and your worries are washed away.

### **Gratitude Journal**

<https://itunes.apple.com/us/app/gratitude-journal/id299604556?mt=8>

- Create a journal entry listing anything you are thankful for that day.
- Add a photo to your entry. Chose something that inspires you or one you took.
- Rate your day to see which are your best.
- Bulleted lists make reading entries easy.
- Search your journal entries.

### **Stress Tracker**

<https://itunes.apple.com/us/app/stress-tracker/id439288154?mt=8>

### **Anti-Stress Quotes**

<https://itunes.apple.com/us/app/anti-stress-quotes/id417909486?mt=8>

## **Cleveland Clinic Stress Meditations**

<https://itunes.apple.com/us/app/cleveland-clinic-stress-meditations/id371110697?mt=8>

- Start with any one of the eight relaxation techniques:  
Body Scan Relaxation  
Self-Confidence Meditation  
Guided Imagery Relaxation  
A Calm Mind Meditation  
Loving Kindness Meditation  
Letting Go Meditation  
Mindfulness Meditation  
Miracle Around Us Meditation

## **Relax App – Reiki Relaxation, Guided Meditation, Hypnosis & Subliminal**

<https://itunes.apple.com/us/app/relax-app-reiki-relaxation/id469263861?mt=8>

- Relax instantly, find inner peace, free your mind, and rejuvenate your body and soul with this new app, “Relax: Reiki Relaxation, Guided Meditation, Hypnosis & Subliminal”, from Rachael Meddows. Melt away stress and tension and experience deep relaxation and complete peace with the power of hypnosis and guided meditation.
- \$3.99

## **Unique Daily Affirmations Free**

<https://itunes.apple.com/us/app/unique-daily-affirmations/id418693319?mt=8>

- Hold down the green button to reveal your daily affirmation and effectively use the app by repeating the statement out loud. Saying the affirmation in front of a mirror is even better. It's been scientifically proven that the more stimuli your mind has, the more your mind will retain the information. By vocalizing in front of a mirror, you stimulate sight and sound

## **Meditation Oasis**

<http://www.meditationoasis.com/smartphone-apps/iphone-application-support/>

## **CBTReferee**

<https://itunes.apple.com/us/app/cbtreferee/id330842520?mt=8>

- CBT stands for Cognitive Behavioral Therapy. All it means is you can train yourself (by writing down your thoughts) and studying what is untrue, unrealistic, and unfair about each thought. You will invent your own "referee" who will give you a true, realistic take.
- \$4.99

## **iCBT**

<https://itunes.apple.com/us/app/icbt/id355021834?mt=8>

- CBT focuses on correcting distorted thinking patterns and altering behaviors to relieve self-defeating attitudes, reduce symptoms, and improve well-being. In "The Feeling Good Handbook", Dr. David Burns advocated a method for CBT to be used in day-to-day life that has been remarkably helpful to tens of thousands of people. iCBT is based on this work and gives you a way to easily perform self-CBT wherever you have your iDevice.
- \$4.99

## **i Can Do It**

<https://itunes.apple.com/us/app/i-can-do-it/id423806391?mt=8>

- This app walks you through three quick steps to identify your blocking thoughts and feelings, and to rephrase them to be more actionable. One minute with i Can Do It or i Can Do It for iPad can prevent hours of lost productivity!
- is based on the proven effective technique first advocated by Dr. David Burns in "The Feeling Good Handbook".
- \$2.99

## **iCouch CBT**

<https://itunes.apple.com/ca/app/icouch-cbt/id446115508?mt=8>

- \$1.99
- iCouch CBT features a clear, step-by-step approach that leads you through the CBT process. Unlike other CBT tools, iCouch CBT allows you to customize how you use the app. You can add your own emotions or distortions, delete the built-in ones and use the text fields however works best for you. It's your app for your life.

## **Miracle Modus**

<https://itunes.apple.com/us/app/id555904748?mt=8>

## **Musical**

These apps are focused on relaxing musical experiences.

### **Loopseque Lite for iPad on the iTunes App Store**

<https://itunes.apple.com/us/app/loopseque-lite/id401656667?mt=8>

- Loopseque is an incredibly simple app for creating music. With Loopseque making music is like playing a game. Create beats, switch fast between patterns and arrange compositions. You can access your music instantly and everywhere.

### **Falling Stars by Trident Vitality Gum**

<https://itunes.apple.com/us/app/falling-stars-by-trident-vitality/id439921044?mt=8>

- Create a world of music in seconds with Falling Stars

### **Monolith Loop**

<https://itunes.apple.com/app/monolith-loop/id410386773?mt=8>

- Experience the joy of interactive music. With each tap, you create a ripple which spreads and reacts with the others to create relaxing ambient loops.

### **Rainsong Free for iPad on the iTunes App Store**

<https://itunes.apple.com/us/app/rainsong-free/id519703695?mt=8>

- Control the soothing rhythms by arranging your raindrops and creating leaves to catch them. A magical environment for composing and relaxing.

Grow new leaves, control the volume of each individual leaf and control the tone by their placement. Invite children to make music. Or use it to put them to sleep!

### **Aquasonic for iPhone 3GS, iPhone 4, iPhone 4S, iPhone 5, iPod touch (3rd generation), iPod touch (4th generation), iPod touch (5th generation) and iPad on the iTunes App Store**

<https://itunes.apple.com/us/app/aquasonic/id402699952?mt=8>

- This music app is based on the analogy of sound waves and water waves. The interactive water surface directly controls and mimics the musical events. You can control the sounds, modes, and water animation by touching, rotating, shaking, panning of the device and some easy to learn gestures.
- \$1.99

### **Aeolian Harp**

<https://itunes.apple.com/us/app/aeolian-harp/id374133120?mt=8>

- The app uses the wind harp as a metaphor and allows the user to create relaxing animations and sounds without musical knowledge. Touches and strokes generate visualizations and sounds which evolve in time.
- \$1.99

### **breezeLITE: realistic wind chimes**

<https://itunes.apple.com/us/app/breezelite-realistic-wind/id502228355?mt=8>

### **Naturespace: Relax Meditate Escape Sleep**

<https://itunes.apple.com/us/app/naturespace-relax-meditate/id312618509?mt=8>

- It's not just about nature's sound, it's about nature's space. All 3 dimensions (including height) are accurately reproduced, providing the listener with a true "being there" experience. The sonic accuracy of Naturespace's proprietary recordings are so convincingly real, they create an immediate positive impact on the listener's state of mind

### **Rain, Rain - Free Sleep Sounds**

<https://itunes.apple.com/kz/app/rain-rain/id478687481?mt=8>

- That's it! Rain, Rain includes color graphics that will intensify with the storm, and if you turn up your brightness, will light up your room in sync with the audio.

### **Ambiance**

<https://itunes.apple.com/us/app/ambiance/id285538312?mt=8&ls=1>

- Ambiance® is an "environment enhancer" designed to help you create the perfect ambient atmosphere to focus, relax or reminisce.
- \$2.99
- You can choose from over 2500 free sounds, exclusive to Ambiance, to download and listen to, create customized sound mixes, cycle through playlists, wake up to relaxing sounds and more!

## **Artistic**

[These apps help you tap into your artistic side to make beautiful creations and relax.](#)

### **harmonious.**

<https://itunes.apple.com/us/app/harmonious./id363375481?mt=8>

- Harmonious uses clever procedural drawing techniques so that, with only a few lines, you can create something worth showing off. You can then save the image to your iPhone, iPad or iPod Touch or upload it to the Harmonious Gallery at [harmoniousapp.com](http://harmoniousapp.com) where others can see it and tell you how awesome it is.

### **Deco Sketch**

<https://itunes.apple.com/us/app/deco-sketch/id494100553?mt=8>

- Deco Sketch is a generative drawing application designed specifically for tablets. Through play and experimentation, It gives anyone, artist or otherwise, the ability to create something beautiful or chaotic. It provides a relaxing zen experience of sorts watching the shapes grow on screen as you draw on the glass.
- \$1.99

### **Substrate**

<https://itunes.apple.com/us/app/substrate/id363801721?mt=8>

- An intricate and fascinating screensaver for your iOS devices. The display looks like cracking rocks or an overhead view of a growing city. It's fascinating to watch the intricate patterns build on your screen.

### **Magic Painter**

<https://itunes.apple.com/us/app/magic-painter/id461766602?mt=8>

- Magic Painter is an amazing app that takes you to enjoy with the fascinating drawing. In an easy way, those eleven wonderful paint-brushes, tens of color make your imagination expanded unlimitedly. With one single brush style or varieties, color choosing and background changing, to create excited modern art
- \$2.99

### **iChunk**

<https://itunes.apple.com/us/app/ichunk/id363917117?mt=8>

- Use your fingers to draw shapes and watch them become affected by the physical laws you define by tilting or shaking your device. And to make things even more interesting: You can throw all your drawn shapes around or cut them into pieces.

## **Misc. Apps**

These apps are hard to fit into a category, but they all have some element of stress relief.

### **Gaze HD Beautiful Views Lite for iPad on the iTunes App Store**

<https://itunes.apple.com/us/app/gaze-hd-beautiful-views-lite/id415918681?mt=8>

- Turn your iPad into a gallery of beautiful, HD Video scenes for FREE. A sampler of EIGHT of our favorite scenes from Gaze HD Beautiful Views. Two crackling fires, two stunning waterfalls, soothing rain and more.

## **Serenity ~ the relaxation app**

<https://itunes.apple.com/us/app/serenity-the-relaxation-app/id482497082?mt=8>

- Find your personal Serenity and tap into 30 beautiful, relaxing video and audio destinations... peaceful fields, soft rain, underwater worlds, thunderstorms over sleepy towns, colored clouds of incense, fantastic vortexes and piles of sleeping kittens await.
- \$1.99

## **Bubble Snap**

<https://itunes.apple.com/us/app/bubble-snap/id285646135?mt=8>

- Bubble popping simulator for the iPhone and iPod Touch. Who doesn't like to pop sheets of bubbles? Pop bubbles one at a time or drag your finger(s) to pop simultaneously.

## **Fluid**

<https://itunes.apple.com/us/app/fluid/id312575632?mt=8>

- "Fluid" turns your iPhone/iTouch screen into a liquid surface. Totally interactive with your fingers, it will keep the kids busy for a while.

## **Supernova for iPad on the iTunes App Store**

<https://itunes.apple.com/us/app/supernova/id375160139?mt=8>

- Supernova is an animated real time visualizer of exploding stars and nebulae. Watch stellar visuals in deep space as they slowly expand and contract.
- \$0.99

## **ARTREE for iPad for iPad on the iTunes App Store**

<https://itunes.apple.com/app/artree-for-ipad/id381673323?mt=8>

- Technically speaking, Artree is a tree-generator. With a tap of your finger, Artree's sophisticated generative algorithm begins growing an amazingly beautiful living organism. Every tree has its own unique shape and life. No two trees are alike. Just relax, sit back and watch them coming through.
- \$1.99

## **Koi Pond**

<https://itunes.apple.com/us/app/koi-pond/id286420263?mt=8>

- You run your fingers across the cool surface of the pond.  
Water ripples away from your touch.  
The koi, disturbed, dart away.  
Only to quickly forget and swim close to you once more...
- \$0.99

### **Star Sky**

<https://itunes.apple.com/us/app/star-sky/id485382329?mt=8>

- Star Sky is not a game you play for hours on end. You play it, see what there is to discover and then play it as many times as you feel like. Then hopefully you will return and finish it at some point, in order to unlock the end. The game is meant to be a relaxing and ambient experience focusing on creating a soothing atmosphere rather than intense gameplay. It is similar to an interactive poem. A poem that has several endings and allow you to explore different scenarios. It is important that you take your time and allow yourself to feel the game as you play it
- \$0.99

### **Distant Shore**

<https://itunes.apple.com/app/distant-shore/id302006905?ign-mpt=uo%3D6&mt=8>

- Write a message in a bottle and cast it into the sea. Where will it wash up and who will discover it? Walk along an endless beach and find messages in bottles launched by people from all over the world...each from their own distant shore. What will they have to say and how will you respond?
- \$0.99

### **Zen Bound® 2 Universal**

<https://itunes.apple.com/us/app/zen-bound-2-universal/id363308208?mt=8>

- Zen Bound 2 is a meditative puzzle game of wrapping rope around wooden sculptures. It is a tactile game, with a focus on making rope, wood and stone look and feel real and believable. The dusty and soothing atmosphere is a combination of beautiful visuals and a unique down-tempo soundtrack.
- \$2.99

### **Fireworks Arcade**

<https://itunes.apple.com/us/app/fireworks-arcade/id435664934?mt=8>

- Tap or drag to create brilliant displays of light and sound. Paint art with firework shapes. Or just watch a generated show. How you play is up to you, so get creative.



## **Fluid Monkey**

<https://itunes.apple.com/us/app/fluid-monkey/id424076573?mt=8>

- Relax as you enjoy interacting with incredibly smooth and responsive pools of liquid. Use all ten fingers to smear paint, jiggle gelatin, or fling brightly-colored balls.

## **Android**

### **Take a Break from Stress - Android Apps on Google Play**

[https://play.google.com/store/apps/details?id=com.meditationoasis.takeabreak&feature=also\\_installed#?t=W251bGwsMSwXLDEwNCwiY29tLm1lZGI0YXRpb25vYXNpcy50YWtlYWJyZWFrIl0](https://play.google.com/store/apps/details?id=com.meditationoasis.takeabreak&feature=also_installed#?t=W251bGwsMSwXLDEwNCwiY29tLm1lZGI0YXRpb25vYXNpcy50YWtlYWJyZWFrIl0)

### **Pulsate - Android Apps on Google Play**

[https://play.google.com/store/apps/details?id=de.despudelskern.application.pulsate&feature=also\\_installed#?t=W251bGwsMSwXLDEwNCwiZGUuZGVzCHVkdWxzZmVzY2Vyb2V5bi5hcHBsaWNhdG1vbi5wdWxzYXRlIl0](https://play.google.com/store/apps/details?id=de.despudelskern.application.pulsate&feature=also_installed#?t=W251bGwsMSwXLDEwNCwiZGUuZGVzCHVkdWxzZmVzY2Vyb2V5bi5hcHBsaWNhdG1vbi5wdWxzYXRlIl0)

### **Sakura Live Wallpaper - Android Apps on Google Play**

<https://play.google.com/store/apps/details?id=com.xllusion.livewallpaper.sakura&featured=bestappever>

### **Breathe2Relax - Android Apps on Google Play**

<https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en>

### **Guided Insight Meditation - Android Apps on Google Play**

<https://play.google.com/store/apps/details?id=au.com.self.guidedinsightmeditation&hl=en>