



## Weekly Newsletter

# Tuesday Tip: Free & Helpful Apps for managing anxiety, stress, or other negative emotions

Krippa Family Psychological Services

-Maya Perry, LCMHC



## What's New!

If you are an adult struggling with negative thoughts, anxiety, or struggling with finding direction in your life because of stress, join others with similar experiences.

- ☑ Completely Online
- ☑ Gain Support & Understanding
- 😊 Grow, Learn, and live happier

Coping & Resilience Skills Group

You can get more information here & can sign up!

KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

# Adult Coping & Resilience Skills Group

## Stephanie Brekstad, LCMHCA

*An 8 week Adult Coping & Resilience skills building group open on an online platform for those who want to learn new ways of managing their stress to improve their health and promote a positive way of living, for those who are feeling hopeless, stressed, down, or feel their life is being negatively impacted by their mental health.*

Learn about topics related to:

- Understanding adaptive vs. maladaptive coping strategies
- Coping skills to effectively manage stressors
- Building resilience skills & understanding their importance
- Understanding negative self-talk, its effects on mental health, & how to challenge it
- Self-care & its importance
- Mindfulness skills
- Values/Goal identification & action

Online every Tuesday 5-6pm

\$25 a meeting

(919) 893-9444, press 1

[www.ncpsychologist.com](http://www.ncpsychologist.com)

# Free & Helpful Apps for managing anxiety, stress, or other negative emotions

We are in a time that can understandably create or heighten anxiety, and other mental health issues that may be present. If you are feeling negative emotions that need to be addressed immediately, here are five free apps that can be helpful to you during this time.

**7 Cups**–Anxiety and Stress Chat: If you're feeling sad, stressed, or lonely, you can talk to a free, anonymous emotional support and get counseling from trained active listeners.

**Calm App:** This app helps you to meditate, sleep, and relax. Additional aids in the app are sleep stories, breathing programs, master classes, and relaxing music to help reduce anxiety and stress, and promote more restful sleep.

**MoodTools:** If you're feeling sad, anxiety, or depressed, this app will help you combat depression, alleviate your negative moods and aid on your road to recovery. They have additional tools you can utilize like a thought diary, activities, a safety plan, information, tests, and videos.

**PanicShield:** This app provides relief from panic attacks.

**What's Up?:** This is a mental health app for Cognitive Behavioral Therapy and Acceptance Commitment Therapy. It helps you cope with depression, anxiety, anger, stress, and more.

Please remember, none of these apps replace treatment or medical interventions.



## 7 Cups: Anxiety & Stress Chat

7 Cups of Tea



## Calm - Meditate, Sleep, Relax

Calm.com, Inc.



### PanicShield - Panic Attack Aid

MoodTools



### MoodTools - Depression Aid

MoodTools



### What's Up? - A Mental Health App

## Krippa Family Psychological & Wellness Services

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