

## Anxiety

## Mindfulness



Mindfulness may help reduce anxiety symptoms. Always practice mindfulness in a safe space and stop if you feel uncomfortable. Be sure to read the information provided about the practice of mindfulness before you try the exercises in any of these apps. You don't need to be perfect, and everyone gets distracted; regular practice is the thing that helps the most.

### Mindfulness Coach

### Stop, Breathe, Think

### Mindfulness - Everyday Guided Meditation



## Management of Anxiety

Break the cycle of anxiety symptoms by learning about how anxiety, thoughts, and the fight-or-flight physical response are connected. Anxiety is present to protect you, but sometimes it can seem out of control. Once you get anxious, you might have trouble calming down again. Use one of these two apps to help to manage your symptoms. Remember that seeking treatment from your doctor or a therapist may be most helpful.

### Pacifica

### Mindshift



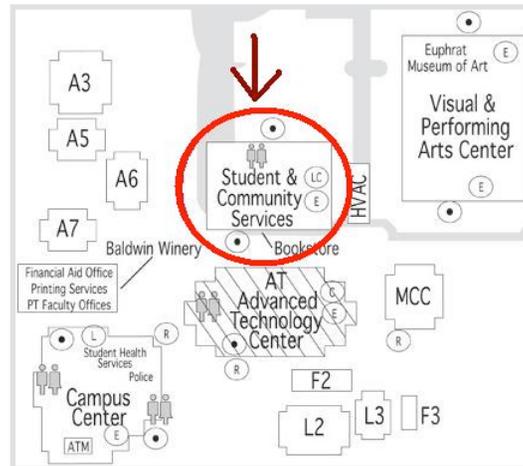
## Psychological Services

Call to Make an Appointment Today.

(408) 864-8868

The Psychological Services Department at De Anza College offers therapy services to all registered students. All students qualify for 5 free sessions; additional sessions cost \$10 per session.

Call Psychological Services to make an appointment if you are suffering from high stress, anxiety, depression, or any other mental health issues. Visit our website at [www.deanza.edu/psychologicalservices/](http://www.deanza.edu/psychologicalservices/)



De Anza Psychological Services is located in the Student and Community Services Building, Room 127.

Visit: [www.deanza.edu/map/](http://www.deanza.edu/map/) for a more detailed map of campus or call us for directions.

Graphics by Angie Makes



Psychological Services  
(408) 864-8868

## Smart Phone Apps for Mental Health



Psychological Services  
(408) 864-8868

Room 127  
Student & Community Services Bldg.  
De Anza College



## A Note about Apps

These apps are designed to help you cope with difficulties, but they do not replace treatment, either with a therapist or with medication under the supervision of a medical doctor. Always seek immediate help in an emergency by calling 911. Apps have the potential be more helpful when you also get treatment from a doctor or therapist. Registered students at De Anza College are welcome to make an appointment with De Anza Psychological Services by calling (408) 864-8868. You can also talk to your doctor about mental health issues. This flyer is not an advertisement for the apps, and De Anza is not responsible for their content. Apps on this flyer are free unless otherwise stated, although they may contain in-app purchases.

## Sleep

While not everyone needs 8 hours of sleep per night, getting up and going to bed at the same time every night can be very beneficial to your mood, level of energy, and sleep quality. You should not spend time looking at your phone or other screens for at least a half hour before bed, but use of this app may help you sleep better in general.

**CBT-i Coach.** Keep a sleep diary, create reminders to get ready for bed, have “worry time,” and remember to stop caffeine for the day. This helpful app can help you learn about good sleep and how to get it, track your sleep, take assessments about your sleep, learn new sleep habits, and prevent insomnia in the future. Many students experience low mood related to poor quality sleep.



## Depression

If you or someone you know is considering hurting themselves or others, don't hesitate to seek help and safety by calling 911. Be calm, patient, clear, understanding, accepting, and seek help.

## Depression Management

These apps help to encourage positive thoughts and manage depression symptoms. You can also seek treatment from a doctor or therapist for depression symptoms.

### Virtual Hope Box

### Life Armor

Mindfulness Apps (see the Anxiety section of this flyer) may help in reducing your focus on negative thoughts. Also, people with depression are also more likely to suffer anxiety.



## Mood Tracking

Sometimes it can help to track your mood over time.

### Optimism

### t2 Mood Tracker



## Medication Reminders

**Medisafe.** If you take a psychiatric medication, it is important to take it regularly, as prescribed by your doctor. Medisafe may help you remember. Talk to your doctor if you have any questions or concerns.

## Resources for All Students

**Scholly: Scholarship Search.** An app that helps all students find money for their education with a specialized list for each student. \$2.99

**Google Calendar.** Keep track of your schedule, add to-do items, and schedule study time with reminders.

**Google Drive.** Use Google Drive to collaborate on writing papers and creating presentations with groups of students. Everyone can contribute from a distance without having to meet in person. You can also chat and save your documents for download when it's time to present.

**Audible.** Purchase and download audiobooks. Good for auditory learners and those with long commutes. The app keeps track of your place in books and allows you to skip to different chapters. (Purchase books on website)

**MyFitnessPal.** Log your meals and your exercise. Keep track of whether you are drinking enough water. Regular exercise event for only 20-30 minutes a day can help your mood



## Quitting Cigaretts

Quitting cigarettes can be very hard, but it immediately benefits your health. These apps may help you keep track of the money you save and your improving health. Help may also be available from De Anza Health Services.

### Stay Quit Coach

### Free Butt Out

