

Mental Health Resources Pastoral Team
Apps and Websites

These resources are intended for you as some concrete tools to have in your " toolbox" when you are struggling with a particular challenge.

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Anxiety

Data from the APA (American Psychiatric Association), the NHS and others, have revealed that CBT (Cognitive Behavioral Therapy) is a proven effective treatment for depression and anxiety. It is cheaper and more effective than medicine alone and can be used alone or in conjunction with medication. These apps are largely based on CBT.

Apps:

* Panic Attacks? - free, iTunes - uses CBT to learn how to deal with panic attacks and interrupt them in the future.

* CBT Thought Record Diary - free, iTunes - helps change emotions by identifying negative thinking patterns. Helps document emotions, analyze, understand and restructure when needed.

* Self-Help for Anxiety Management - free, iTunes - offers self-help methods to help one learn to manage their anxiety.

* eCBT Calm - iTunes \$0.99 - helps people learn relaxation skills. Helps one assess stress level, provide skills and links to other online resources for stress and anxiety.

* iCouch CBT - iTunes \$2.99 - keep track of your thinking; analyze emotions to help change your outlook. Focus is on changing thoughts when faced with challenging situations. A way of training yourself to re-think reactions.

* Pocket CBT - \$4.99, iTunes - Another application of Cognitive Behavioral Therapy, divided into two areas: Recording Thoughts and Challenging Reactions.

* iCBT - iTunes, \$4.99 - CBT techniques to help transform obstructive thinking into positive experiences. Do not need to be familiar with CBT to use; easy for anyone to use.

* Mayo Clinic Anxiety Coach - iTunes: \$4.99; similar on Android \$1.00 - comprehensive self-help tool for reducing a wide variety of fears and worries from synness to obsessions and compulsions. Enables you to make a list of feared activities and guides you through mastering them one by one.

Podcasts:

* Panic Attacks Podcast - iTunes - free

Website:

* ilovepanicattacks.com

Prayer for Anxiety:

Cast all your anxiety on him, because he cares for you.

1Peter 5:7

St. Therese of Liseux Prayer from "Story of A Soul"

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise, and love.

It is there for each and every one of us.

The Merton Prayer from "In Thoughts of Solitude"

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore I will trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

App:

* ADHD Angel - free, iTunes - this app helps you understand ADHD person's 8 "tipping points", process for sending reports to your care provider or doctor on your management of your condition, and medication reminders.

* ADHD Adult Trainer - \$4.99 iTunes - provides TCT cognitive training tool aimed at improving impairments associated with ADHD, such as perceptual reasoning, inhibition, verbal fluency, attention. This TCT Method is more successful than other methods for ADHD because it involves playing "games" for 70 minutes per week (a little more than 10 min./day), thus improving the probability of continuing with the therapy.

* 30/30 - free, iTunes and Android - the user sets up a list of tasks and a length of time for each task. You start the timer and the app will tell you when to move on to the next task.

Perfectionism

App:

* Mindshift - free, iTunes - strategies to deal with perfectionism, performance anxiety, conflict; rather than avoiding anxiety of being imperfect, the app helps you make a shift to face it.

* Progress Not Perfection - \$0.99 iTunes - includes 14 coaching sessions, allows you to customize any coaching sessions, daily journal, notebook, goal management tracking system.

Podcast:

* Progress Not Perfection

Breathing/Relaxation

Apps:

* Breathe - free, iTunes - daily mindfulness and compassion meditation guide. Tools to track progress, affects.

* Tactical Breather - free on iTunes and Android - can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, you can learn to gain control of your heart rate, emotions, concentration and other physiological and psychological cues your body gives out during stressful situations.

* Breathe2Relax - free on iTunes and Android - a portable stress-management toll which provides detailed information on the effects of stress on the body. Included are instructions and practice exercises to help users learn a stress management technique called "diaphragmatic breathing."

* BioBreathing - free, iTunes - a breath pacer that allows the user to keep count of inhale and exhale cycles independently. One tone is used for inhale phase; another for exhale phase, allowing the user to use the app without looking at it.

Sleep

Apps:

* Sleep Time - free on iTunes and Android - smart alarm clock that analyzes your sleep and wakes you up at the perfect moment of your lightest sleep phase. Helps you wake up feeling refreshed. Uses your phone's accelerometer.

* Sleep Better - free, iTunes - tracks your sleep, monitors dreams, improves bedtime habits, provides data for feedback. Helps if you have trouble falling asleep, understanding how daytime activities effect sleep. Fully integrated with Apple Health.

Mood

Apps:

* T2 Mood Tracker - free on iTunes and Adroid - comes with six pre-loaded issues: anxiety, depression, general well-being, head injuries, post-traumatic stress, and stress. You can add customized scales on any topic (i.e. pain scale). Sliders help you rate yourself on behavioral categories and the app graphs your inputs. Ability to make notes and help you evaluate effect events have on your mood. Can be helpful tool to share with care provider, also.

* My Mood Tracker Lite - iTunes, free - helps track moods and emotions. Helps you understand what causes your emotions to change and put you on path to feeling better.

* Mood Kit - iTunes, \$4.99 - Become your own expert on mood. Repeatedly named *Best Mental Health App* by NY Times, LA Times, Harvard Business Review, HGTV, London Times...

Mindfulness/Meditation

Apps:

* Take a Break! Guided Meditation - iTunes, free - enjoy deep relaxation, stress relief and benefits of meditation. The free version features two popular meditations with the option to listen with or without music and/or nature sounds.

* Mindfulness Meditation - iTunes, free - practical and portable meditation on mindfulness.

* Simply Being - iTunes and Android \$1.99 - Highly recommended by self-help press and podcasts. Can be done with no prior experience. Allows you to choose from 4 meditation times and provides the option to listen with or without music and/or nature sounds.

Podcast:

* Meditation Oasis

Website:

* <https://www.dartmouth.edu/~healthed/relax/downloads.html>

These are audio files you might find helpful in your relaxation efforts.

Take some time to explore the different approaches to relaxation and discover what works for you.

- Deep Breathing & Guided Relaxation Exercises (3)
- Guided Imagery/Visualization Exercises (5)
- Mindfulness and Meditation Exercises (3)

Gratitude

Apps:

* Gratitude Journal - \$2.99 iTunes - a simple app that can help you develop and maintain a daily attitude of gratitude. Has a great calendar function, too.

General Catholic Prayer Aids

Apps:

* iBreviary - iTunes, free - this app walks you through the Liturgy of the Hours daily. Very simple and informative.

* Notre Dame Daily Faith - iTunes, free - along with calendar of prayer events taking place on campus, it has daily prayers, the Saint of the Day and a daily reflection. Might help ACers feel connected to campus.

* Divine Office: Lauds, Vespers, Compline - iTunes, free - walks you through the prayers of the Church daily.

* Jesuit Prayer - iTunes, free - includes a daily inspiration, The Pope's Prayers, Daily Examen

* Laudate - iTunes, free - comprehensive collection of prayers, daily readings, Stations of the Cross, the Rosary, Chaplet of St. Michael, Chaplet of Divine Mercy, confession guide, place for your own prayers to be stored, multiple podcasts.

* 3-Minute Retreat - iTunes, free - a 3 minute peaceful prayer experience to help you re-connect with God, and re-center your day at any time. Includes small, bite-sized retreat guides filled with Scripture, soothing music, reflection questions.

* The Pope App - free, iTunes - a gateway to the latest news and info on Pope Francis.

* Pope Francis Surprise - iTunes, free - a super fun app with a daily word of inspiration from Pope Francis; you can create posters or use your own pictures to create customized designs.

Websites:

* faith.nd.edu

* usccb.org/index.shtml - the US Catholic Conference of Bishops website. Has daily reading and lots of helpful links.

* <https://www.giveusthisday.org>

* <http://www.wordonfire.org>

* catholicgentleman.net - The Catholic Gentleman exists to inspire men to holiness—to love God, to serve others, and to deny self. And to do it all with class and classic manly flair.