

# Recommended Resources

## Mental/emotional wellness

### Websites



#### Wellness Together Canada

Mental Health & Substance Use Support

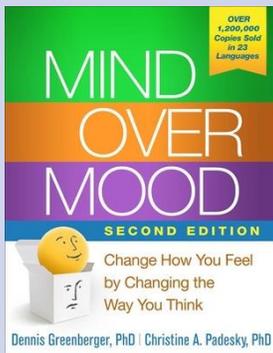
<https://ca.portal.gs/about/>



#### Center for Addiction and Mental Health (camh)

Psychotherapy: find a therapist <https://www.camh.ca/>

### Books



#### Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think

by Dennis Greenberger

Simple yet powerful steps to overcome emotional distress and feel happier, calmer, and more confident. Effective forms of psychotherapy with step-by-step plans to overcome depression, anxiety, anger, guilt, and shame. \*Set doable personal goals and track your progress. \*Practice your new skills until they become second nature.

### Apps



#### Intellicare

Suite of apps for Anxiety and Depression (sleep, social & physical activity, etc.)

FREE



#### ACTCompanion

This app teaches you to use Acceptance and Commitment Therapy skills, like mindfulness, acceptance, and acting on what matters to you most. 2.5 hours of guided mindfulness meditation. Highly recommended.

FREE



#### Headspace

This is the highest rated mindfulness app. Offers 10 minutes of guided mindfulness each day for beginners. Beautifully designed and award winning.

FREE to try for 10 days.

# Recommended Resources



## Smiling Mind

This mindfulness app was designed by educators and psychologists to make mindfulness practice easy, light, and enjoyable.

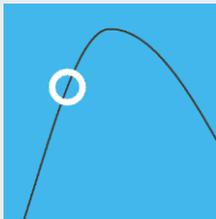
FREE



## Calm

This mindfulness app includes nature photos and calming sounds, as well as guided meditations.

FREE. In-app purchases



## Breathe 2 Relax

This app is a stress management tool, which will help you learn how to perform and use diaphragmatic breathing techniques for stress control. It also provides you with education about the biology of stress, the effects of stress on the body, how to do diaphragmatic breathing, and the biology of breathing.

FREE



## Breathe

Breathe is an app designed to help you 'watch your breath'. Breathe: there are animations to signal your inhales and exhales, and you have tools to customize the length of each breath.

FREE



## Stop Panic & Anxiety Self-Help

This self-help app reminds you of your strengths and ability to cope when panic is triggered. Empowers you with the cognitive behavioral therapy-based techniques that can help shut panic attacks down.

FREE



## Self-help Anxiety Management [SAM]

SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.

FREE



## The Secret of Happiness

Think positive and enter it into the app right after you get up in the morning and just before going to bed. Repeating it for 30 days will train your brain to think positively.

FREE 30-day challenge

# Recommended Resources

	<p><b>Depression CBT Self-help Guide</b> Self-help app based on the tenets of <a href="#">cognitive behavioral therapy (CBT)</a>. Informational articles, mood tracking, and built-in motivational features, helping you modify your thought patterns for a better mood. FREE</p>
	<p><b>iCBT</b> iCBT is Internet-based Cognitive Behavioral Therapy. Combining a personalized therapist-guided program with digital tools and exercises to bring CBT to life wherever and whenever needed. FREE</p>
	<p><b>TeleCBT</b> Canadian online counseling service that specializes in the use CBT. OHIP covered. Register at <a href="https://telecbt.ca">https://telecbt.ca</a> FREE</p>
	<p><b>What's Up?</b> Fantastic app utilising CBT and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, and Stress. Beautiful modern design, simple heading and easy-to-follow methods. FREE. In-app purchases</p>
	<p><b>Mindshift</b> Scientifically proven strategies based on CBT to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. FREE</p>
	<p><b>CBT-I Coach</b> Evidence-based psychotherapy for treating insomnia. For people who are engaged in CBT-I with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. FREE</p>
	<p><b>iSleep Easy</b> Guided meditations for sleep.</p>

# Recommended Resources



## Synctuition Mindspa & Meditation

Experience the power of deep relaxation. Based on 3D audio technology, Synctuition combines beautiful soundscapes with binaural beats and rhythmic entrainment frequencies into an immersive mind travel experience that works through regular stereo headphones.

FREE. In-app purchases

## Physical wellness

### Websites



## Canadian Physical Activity Guidelines

<https://csepguidelines.ca/>

### Apps



## Strava

Track your fitness activity. Record your run, map a cycling route & analyze your training with all the stats.

FREE



## ParticipACTION

Fitness and exercise app designed to get Canadians moving and to reward them with awesome prizes. Everything in the app is research-based, rooted in behaviour change science, designed for Canadians by Canadians.

FREE