



307 Bloomfield Ave
Suite 301
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PHONE APPS

Mood

- DBSA Tracker
- T2 Mood Tracker
- Mood Coach
- Virtual Hopebox (depression)
- Daylio
- iMood Journal

Sleep

- CBTI-COACH
- SleepRate
- Sleepio
- Other resources:
 - Go! to Sleep 6-week online course from Cleveland Clinic to help you improve sleep-www.clevelandclinicwellness.com/programs/Pages/Sleep.aspx
 - How to Deepen Sleep www.moodtreatmentcenter.com/deepensleep.pdf

Meditation and Mindfulness

- Mindfulness Coach
- Stop, Breathe and Think
- TaoMix
- Headspace
- Breathe2Relax (mood, anger, anxiety)– Breathing exercises to help decrease body's fight or flight response.
- Calm in the Storm: Stress Management and Relaxation
- Insight Meditation Timer
- Relax Melodies Oriental
- Relax with Andrew Johnson Lite
- Smiling Mind

PTSD

- PTSD Coach

Others

- **ACT Coach** (anxiety, depression, PTSD)- Acceptance and Commitment Therapy aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them.
- **AIMS** -Anger and Irritability Management Skills