

# VIRTUAL SUPPORTS AS STUDENTS NAVIGATE UNCERTAIN TIMES

Student Success Services

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## Virtual Support

As we all navigate these uncertain times, we are challenged to seek supports in different virtual formats. Practicing social distancing does not mean we are being asked to practice emotional distancing. Aside from virtually connecting with your personal social network including family and friends. The following are APPs are great supportive resources that focus on mental health, mindfulness & meditation and fun distracting activities.

### Mental Health APPs

These APPs are inspired by Cognitive Behavioural Therapy (CBT), a goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel.

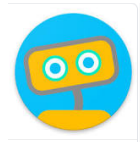
THE GOAL ISN'T TO GET RID OF ALL YOUR NEGATIVE THOUGHTS AND FEELINGS; THAT'S IMPOSSIBLE. THE GOAL IS TO CHANGE YOUR RESPONSE TO THEM.  
...  
*manicandangel*

Click on the images for links



**HealthyMinds** – Is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus. The goal: Keeping your mind healthy.

**Woebot** – Your charming robot friend who is here for you 24/7. No couches, no meds, no childhood stuff. Just strategies to improve mood. An the occasional dorky joke.



**Mindshift** – Is anxiety getting in the way of your life? MindShift CBT uses scientifically proven strategies based Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways to thinking, and use active steps to take charge of your anxiety.

**Happify** - Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.



**Moodnotes** - a super easy mood tracker & journaling app to capture your mood and help you improve your thinking habits. Moodnotes empowers you to track your mood over time, avoid common thinking traps, and develop perspectives associated with increased happiness and well-being.



## Mindfulness & Meditation APPs

We get it, for something that's supposed to mellow you out and leave you feeling refreshed, meditation can be kind of stressful sometimes: *When should I do it? ...*Before long, you've given up on meditating and put on yet another episode of *Big Bang Theory*. So, how do you finally buckle down and do it? Honestly, you should try an apps.

Click on the images for links

**Headspace** – A free guided meditation app that can help you reduce anxiety and bring yourself back into the present.



**Calm** – Free app promises to help you sleep better, boost confidence and reduce stress and anxiety, all with the help of guided meditation, soothing music and bedtime stories.

**Stop, Breathe & Think** – A free mindfulness and meditation app intended to help users cope with stress, anxiety, depression and insomnia.



**Breathe2Relax** - Free app that gives you detailed info on stress on the body and offers evidence-based exercise to help you breath to reduce your stress levels.



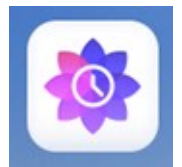
**Insight Timer** - This app has many of the most experienced mindfulness teachers on it, and allows you the freedom to pick and choose depending on how long you have to practice, what style you'd like (e.g. body scan, loving kindness, anxiety/stress reducing, etc.), or just set a timer and sit without guidance



**Aura**— daily meditations, life coaching, nature sounds, stories, and music, which are all personalized based on the mood you select when you open the app. There's also an option to track your moods and review patterns in how you feel, and set reminders to breathe and take breaks for mindfulness throughout the day.



**Sattva**— mindfulness app that draws its meditations from ancient Vedic principles. In addition to 6-minute-plus guided meditations, the app features "sacred sounds, chants, mantras and music by Sanskrit scholars.



**YogaGlo**— App offers a large variety of guided meditations to choose from with such well-respected teachers. Plus, you can customize your workout by choosing the length, teacher, and/or level you want, as well as a variety of topics and focal points that can help you zero in on specific meditation goals, Cruikshank says, adding that the app is a great option for new or experienced meditators. Added bonus? You'll also have access to teacher-led yoga classes within the app.

