

Apps that help you smash stress and anxiety

Are you stressed? If so, try the following applications that can help you reduce stress, calm down, and work more effectively.

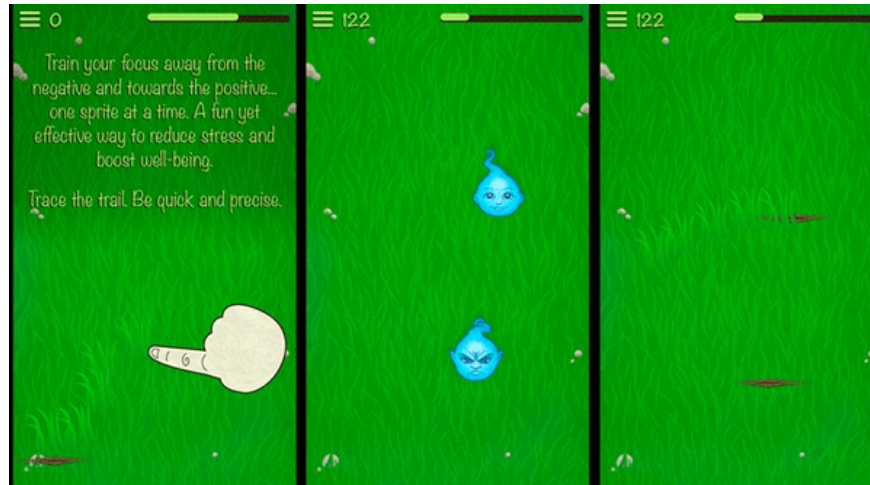
When faced with many problems in work and daily life, we humans often feel stressed, anxious and accompanied by many other symptoms. If you also suffer from stress, anxiety, try the following applications that can help you reduce stress, calm down and work more effectively.

Apps that help you smash stress and anxiety

1. Personal Zen application
2. Breathe2Relax application
3. Application of Self-Help Anxiety Management
4. The Worry Box application
5. Application Pacifica
6. Happify application
7. Headspace application
8. Calm application
9. What's Up Application?
10. MindShift application
11. Application CBT Thought Record Diary

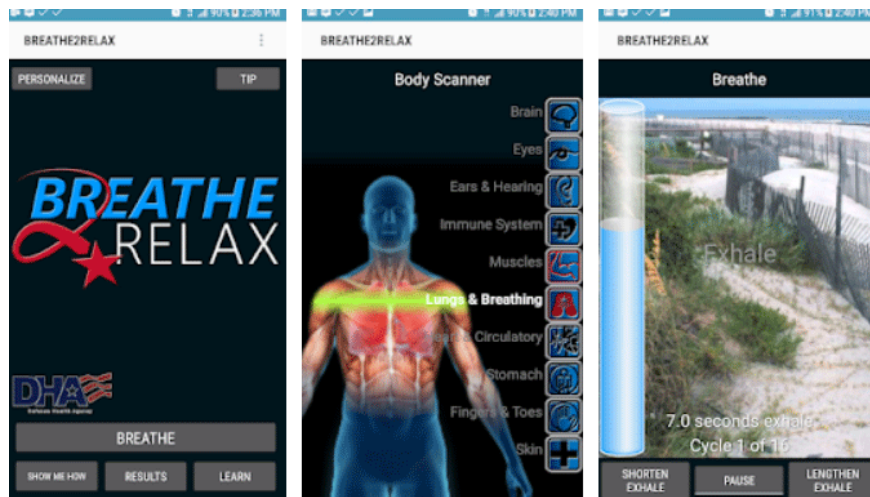
1. Personal Zen application

This is an application designed by professors of psychology and neuroscience with the aim of reducing stress and helping users to eliminate worries and worries. The application is developed based on the methods obtained through clinical studies. The application has a number of games that help eliminate stress and anxiety. However, Personal Zen is only available on iOS. If you are a user of this 'apple' company, what are you waiting for without downloading this great app.



1. Download Personal Zen for iOS

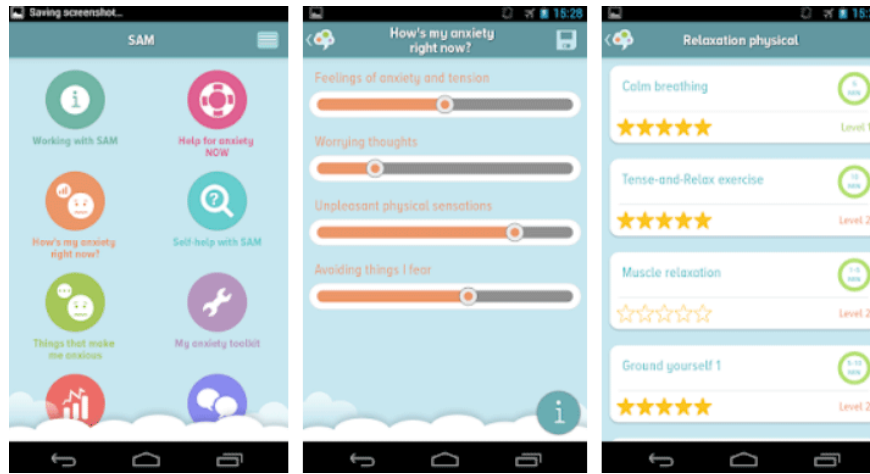
2. Breathe2Relax application



From the name, you can also see the main purpose of this application to help users relax their minds, thereby relieving stress and anxiety. This application has documents and instructions related to how to breathe to your mind in the most comfortable state. Detailed information about the effectiveness of proper breathing in this application is communicated in an easy-to-understand manner.

1. Download Breathe2Relax for Android
2. Download Breathe2Relax for iOS

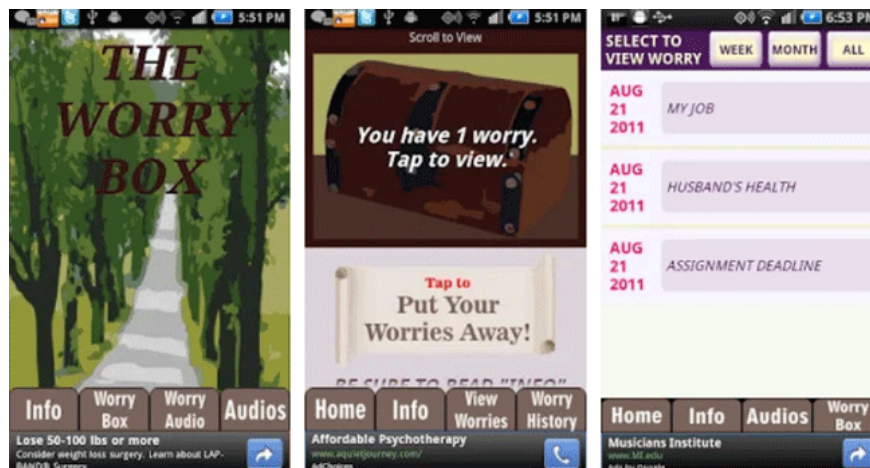
3. Application of Self-Help Anxiety Management



This is another application developed by psychologists and computer scientists. The app provides great information for all kinds of stress and anxiety that people may encounter. Users must find out the cause of their stress and the application will provide the best relevant information to eliminate stress. This application is available on both Android and iOS platforms.

1. Download Self-Help Anxiety Management for Android
2. Download Self-Help Anxiety Management for iOS

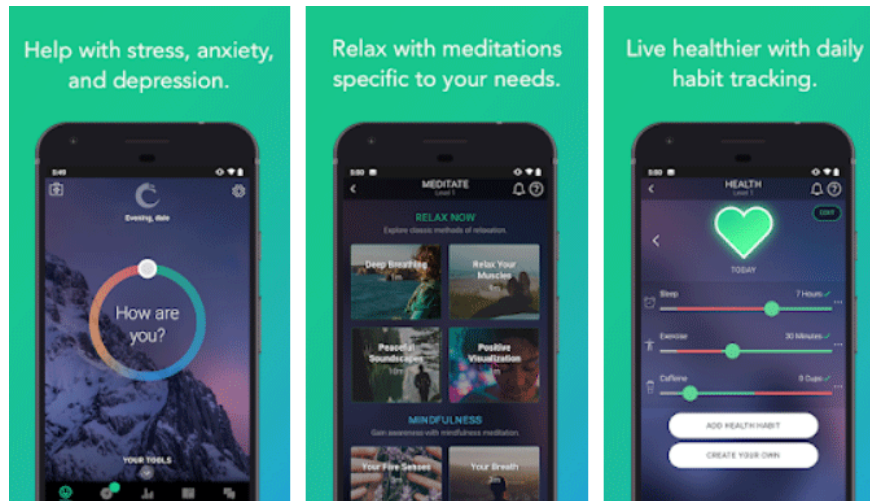
4. The Worry Box application



This application works slightly differently than other apps on this list. It requires users to write all the stresses you encounter, things that build up anxiety and then forget about them. If you can't forget, the app will provide you with reports and solutions to gradually relieve the symptoms of stress. Simply use this great application and you will be able to get rid of anxiety and stress easily

1. Download The Worry Box for Android

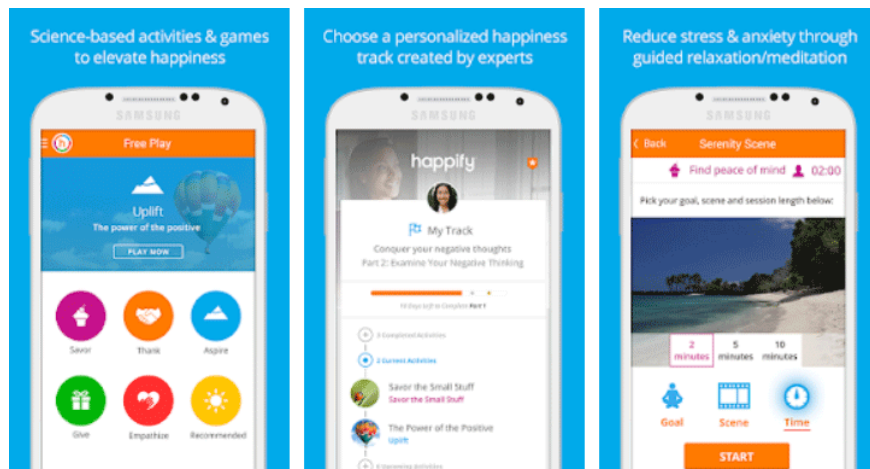
5. Application Pacifica



Pacifica provides users with tools designed by psychologists based on Cognitive Behavioral Therapy, mindfulness meditation (Mindfulness meditation, relaxation and monitoring of health status, mood). . Stress, anxiety, depression are created due to the constant cycle of negative thoughts. Pacifica helps break this cycle by using tools to relieve negative thoughts, helping users become more optimistic.

1. Download Pacifica for Android
2. Download Pacifica for iOS

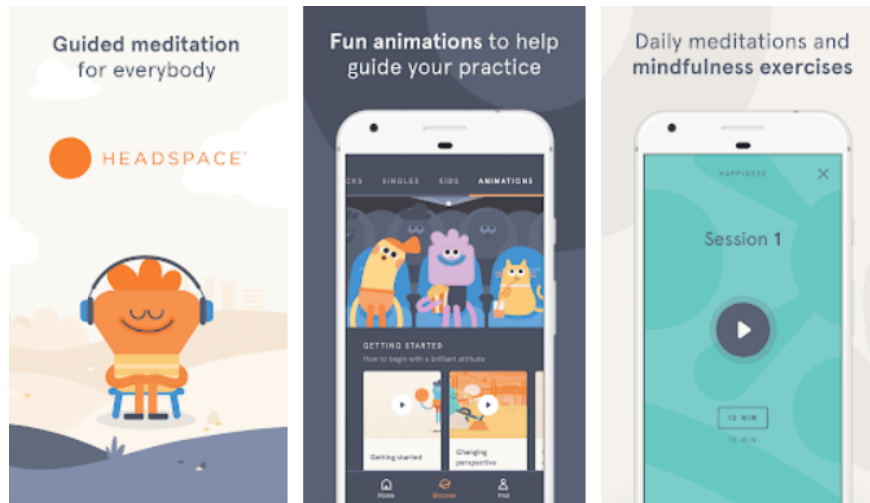
6. Happify application



How do you feel? Stress, anxiety, depression or constant negative thoughts? Happify provides effective tools and programs to help you control your emotions.

1. Download Happify for Android
2. Download Happify for iOS

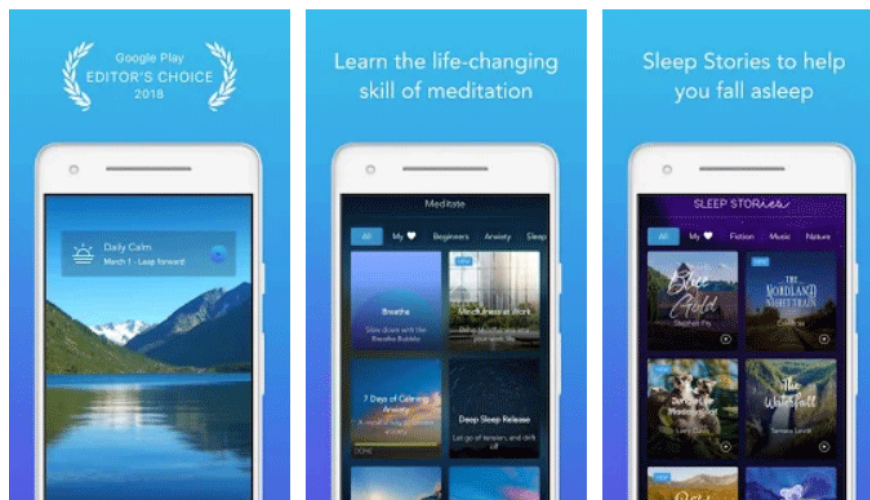
7. Headspace application



Headspace application teaches you how to meditate and relieve stress, fatigue in life. You can use it at work, at home or anywhere. It has exercises to help manage anxiety, stress until breathing, sleep, concentration, calm.

1. Download Headspace for Android
2. Download Headspace for iOS

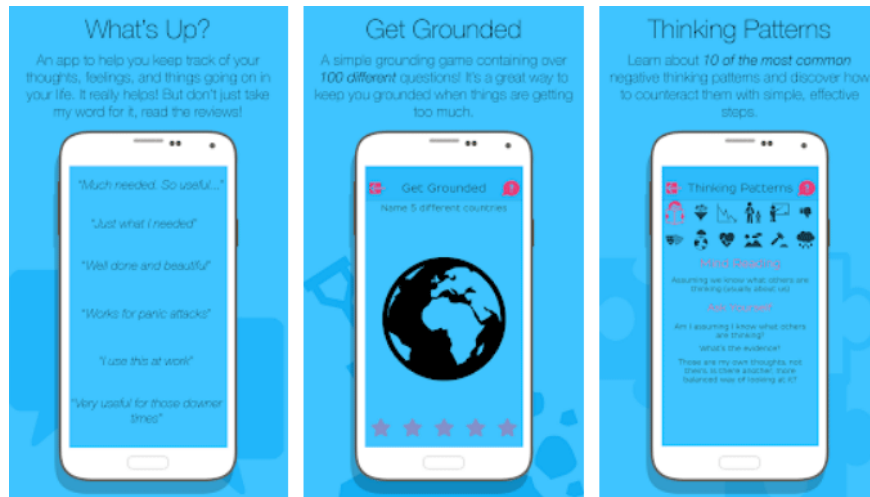
8. Calm application



Calm is one of the best applications for mindfulness meditation, bringing joy and peace to your life. This application is suitable for beginners, it includes many programs for meditation, retreats.

1. Download Calm for Android
2. Download Calm for iOS

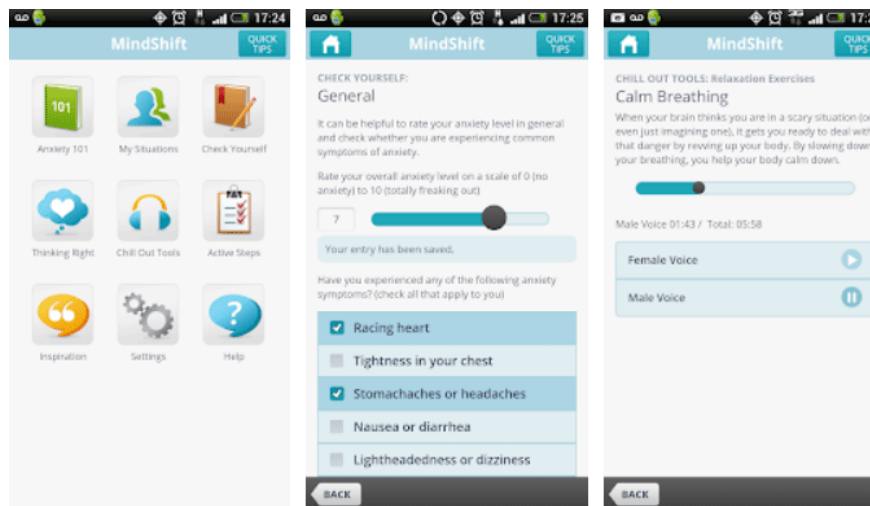
9. What's Up Application?



What's up is one of the best apps to help you reduce stress, anxiety, depression and anger. The application has a nice interface and 12 simple methods to eliminate negative thoughts. This is a fun application that helps improve mental health for you.

1. Download What's Up? for Android
2. Download What's Up? for iOS

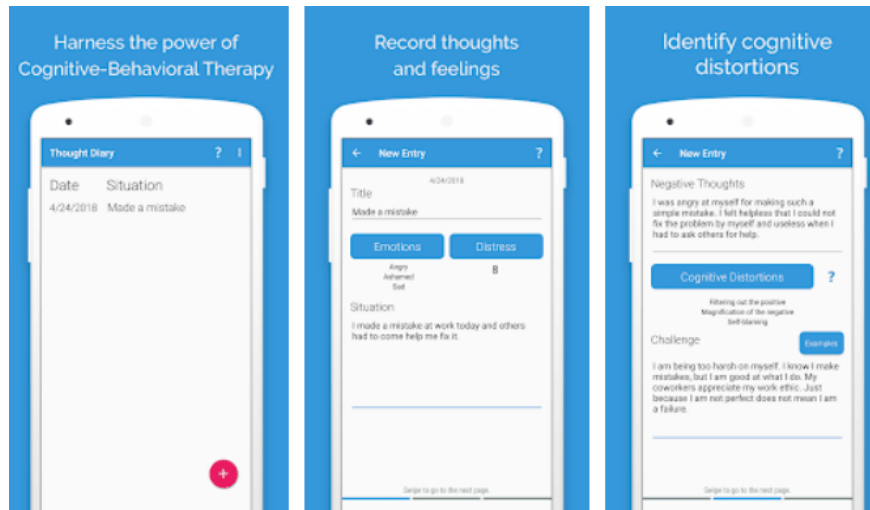
10. MindShift application



Are you in a state of stress, anxiety? MindShift is an application designed to help teens and adults deal with stress. It can help you change the way you think about anxiety, instead of trying to avoid stress, worry, face it.

1. Download MindShift for Android
2. Download MindShift for iOS

11. Application CBT Thought Record Diary



The focus of cognitive behavioral therapy is to change your emotions by identifying negative thoughts. With this application, you can write down all those thoughts and analyze and reevaluate.

1. Download CBT Thought Record Diary for Android
2. Download CBT Thought Record Diary for iOS

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2. 5 postures to reduce stress immediately in just 2 minutes
3. Top 10 indispensable apps that help you stay focused

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