

Stress & Anxiety Companion



Stress & Anxiety Companion helps you handle stress and anxiety on-the-go, with tools like breathing exercises, relaxing music and games designed to calm the mind. It helps you change negative thoughts to help you better cope with life's ups and downs.

<https://apps.beta.nhs.uk/stress-anxiety-companion/>

For more information about the apps mentioned, and for other available apps please see:

<https://apps.beta.nhs.uk/>

Disclaimer

Use of the apps mentioned within this leaflet should not be used as a substitute for a consultation with a healthcare professional.

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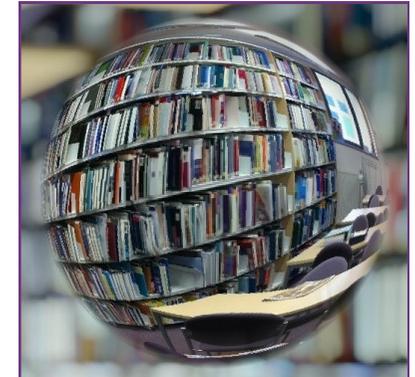
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Information adapted from the NHS Apps Library website created by NHS Digital, with many thanks.

URL's (hyperlinks) were correct at the time of publishing. June 2018

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Apps for Health and Wellbeing



Introduction

There are many apps related to health and wellbeing, so this is just a small selection of those available. If you find you don't get on with one then there will be others which may suit you better. A further selection can be found in the link at the end of this brochure.



Catch It

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

<https://apps.beta.nhs.uk/catch-it/>



Change4Life Food Scanner

The Change4Life Food Scanner lets you look up the sugar, saturated fat and salt in everyday foods and drinks. Scan the barcodes of more than 140,000 products. The app is fun and engaging to help you and your family make healthier choices.

<https://apps.beta.nhs.uk/change4life-food-scanner/>

Chill Panda

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



<https://apps.beta.nhs.uk/chill-panda/>

Couch to 5K

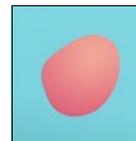
Couch to 5K is designed to get you off the couch and running 5km in just nine weeks. The plan involves three runs a week with a rest day in between and a different running schedule each week. Produced with the BBC, the app builds you up gradually with a mix of running and walking.



<https://apps.beta.nhs.uk/couch-to-5k/>

Cove

Create music to capture your mood and express how you feel with the Cove app. Instead of words, make music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.



<https://apps.beta.nhs.uk/cove/>

NHS Smokefree

NHS Smokefree is a 28-day plan to help people stop smoking for good. With daily messages to keep you motivated, badges to reward progress, and help with cravings.



<https://apps.beta.nhs.uk/nhs-smokefree/>

Pzizz

Pzizz helps you quickly quiet your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses a mix of music, voiceovers and sound effects designed using the latest clinical research to help you sleep better at night or take power naps during the day.



<https://apps.beta.nhs.uk/pzizz/>

Smart Recipes

Search over 160 easy, calorie-counted recipes for breakfast, lunch, dinner, dessert and snacks with Smart Recipes. The recipes are easy to follow and quick to make, and most of them will feed a family of four for around £5. With the click of a button you can plan all of your day's meals and create a shopping list.



<https://apps.beta.nhs.uk/smart-recipes/>