

APPs for Kids to Help Manage Anxiety & Create Calm



Recommended by The Purposeful Parenting Team at Southeast Psych

These free apps provide an array of helpful exercises and information to promote **relaxation, mindfulness, meditation, sleep, and wellbeing.**

For Children:



STOP, BREATHE
& THINK KIDS



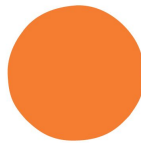
For Children, Teens, and Adults:



STOP, BREATHE
& THINK



SMILING
MIND



HEADSPACE*



For Teens, and Adults:



MindShift™ CBT

A user-friendly self-help tool based on proven scientific strategies, MindShift™ CBT teaches about anxiety, helping users to engage in healthy thinking and to take action.

Download more Purposeful Parenting Tools & Tips at [MyPurposefulParenting.com](https://www.MyPurposefulParenting.com)

The Purposeful Parenting Program at Southeast Psych provides **practical evidence-based skills and parent coaching** so that families may flourish.

To get started, call our intake coordinators at either Southeast Psych location: SouthPark 704-552-0116 or Ballantyne 704-970-4791