Apps for Anxiety Reduction

Meditation made simple. Guided meditation suitable for all levels.
Meditation can help improve focus, relieve anxiety and reduce stress.
Headspace introductory series offers a 10 free meditations.

Calm Keeper includes: breathing exercises, quick distractions, word games and puzzles—and overall endless ways to focus in on one task in order to navigate and alleviate anxiety.

Anxiety is the top presenting concern for college students seeking counseling services. At times anxiety makes it difficult to function and interferes with academic success. In the face of anxiety, finding a calm, peaceful place isn’t always easy.

Apps harness the power of information and communication technology to address behavioral and mental health outcomes. While none of these apps should replace clinical care, they do provide helpful tools and techniques for daily stress and anxiety reduction.

University Health & Counseling Services
University of Southern Maine
Portland: 102 Payson Smith Hall, 207-780-4050
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Buddhify helps you reduce stress, be present and get better sleep. Download this app for $4.99 and enjoy endless meditations suitable for any daily situation or available time.

Relax with calm, a simple mindfulness app.
Calm can help you breathe deeper through its guided breathing and meditation. It also provides calming sounds of the rainforest, beach or whatever helps you relax most.

SAM will help you understand what causes your anxiety, monitor your anxious thoughts over time and manage it through self-help exercises and private reflection.
‘Social Cloud’ allows for confidential community support.

Pranayama helps you balance your life and experience a relaxed meditative state to relieve your daily stresses and tensions. Using music and animated visuals to guide you to slower deeper breathing, enhancing the way you feel and increasing energy, stamina, and focus.