

Coping with Fear and Worry - Online Resources

Apps (examples of):

Popular/Mainstream:

- **Aura** – daily micro meditations (3 minutes long), allows users to keep a gratitude journal and listen to sounds of nature
- **Buddhify** – 80 different guided meditation tracks ranging from 5-30 minutes organized by themes
- **Calm** (listed above) multiple different options, 7-day beginner program, 7-day sleep program
- **Headspace** (listed above) – spoken word exercises and short meditations, 350 hours of guided meditation lessons
- **Smiling Mind** – developed by psychologists and instructors with aim to help in managing stress of everyday life for all ages
- **Insight Timer** – free library of guided meditations (about 25, 000), 30 languages, free timer, free course re: learning how to meditate, organized by themes

Other:

- **[MindShift™ CBT](#) released by Anxiety Canada (free)**, employs scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety
- **Self-help for Anxiety Management (free):** This app offers a range of self-help methods for learning how to manage anxiety. Has useful information and exercises.
- **What's Up? – A Mental Health App (free on Apple):** Utilizes Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) methods to help cope with Depression, Anger, Stress, Worry and more.

Online Workshops

Wellspring: <https://wellspring.ca/online-programs/programs/all-programs/>

Workbooks/Worksheets

- **Anxiety Canada:** Worksheets on a variety of topics including How To Tolerate Uncertainty: <https://www.anxietycanada.com/free-downloadable-pdf-resources/>
- **Get Self Help UK Website:** Worksheets on a variety of topics including Anxiety, Health Anxiety, Mindfulness, Coping with Coronavirus Crisis and strategies such as STOPP, Worry Tree, Thought Record, etc.
<https://www.getselfhelp.co.uk/selfhelp.htm>
- **Psychology Tools for COVID 19:**
https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf
- **Tolerance for Uncertainty: A COVID 19 Workbook by Dr. Sachiko Nagasawa:** <https://www.baypsychology.ca/workshops>
- **Centre for Clinical Interventions (CCI):** Government of Western Australia website has produced CBT-based resources to assist in providing interventions for problems related to Anxiety, Health Anxiety, Tolerating Distress, Worry and Rumination, Self-Compassion, etc.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>