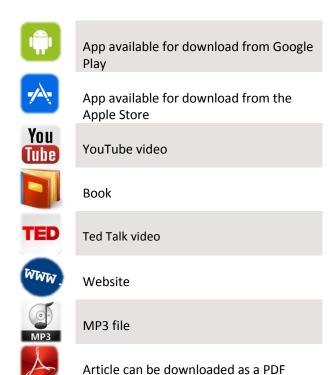
Self Help for Anxiety & Stress (Click icons to link to resources)

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*		Mindshift	App for "taking charge" of your anxiety	Free
*	(SAM	Learn anxiety management; includes an anonymous social network	Free
*		PTSD Coach	Education and help with symptoms of PTSD	Free
		Anti-Anxiety APP	Help with managing anxiety	Free
		HealthyMinds	Tools for managing life's stresses	Free
		I Can be Free	Relaxation and hypnosis for anxiety	Free
		Worry Box	Diary, audio & articles to cope with worry	Free
		Stop Panic & Anxiety	Education and calming audio for panic	Free
		Freedom from Obsessive Compulsive Disorder	By Jonathan Grayson	Varies
	TED	The Paradox of Choice	By Barry Schwartz	Free
	TED	The Surprising Science of Happiness	By Dan Gilbert	Free
	TED	How to Make Stress Your Friend	By Kelly McGonigal	Free
	TED	The Case for Emotional First Aid	By Guy Winch	Free
	MP3	Test Anxiety*	Relaxation Tool	Free

*Posted Courtesy of Community Wellness at MIT Medical

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Compiled by the Johns Hopkins University Counseling Center, 2015

Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.