

COVID-19: TECHNOLOGY TO HELP COPE

Department of Psychology -St Louis Children's Hospital

Recommended APPS

- **Best Anxiety Apps of 2019**
<https://www.healthline.com/health/anxiety/top-iphone-android-apps>
- **Parenting Chaos- mindfulness and relaxation apps for kids with anxiety**
<https://parentingchaos.com/anxiety-apps-kids/>
- **Insight Timer**-Insight Timer is a smartphone app and online community for meditation. The app features guided meditations, music and talks posted by contributing experts.
- **Hydration:**
 - Water Logged
 - Plant Nanny
- **Sleep:**
 - Relax Melodies
 - White Noise Lite
 - CBT-I Coach
- **Nutrition**
 - Choose my Plate
 - My Fitness Pal
- **Exercise/Fitness**
 - Fit Bit
 - Apple Watch
 - Garmin
 - Pocket Yoga
 - My Fitness Pal
- **Breathing**
 - Breath 2 Relax
 - Breathing Zone
- **Relaxation**
 - Stop Breathe & Think
 - Stop Breathe & Think Kids
 - Calm
 - Headspace
 - Relax Melodies
 - CBT-I Coach
 - T2 Mood Tracker
- **Coping**
 - Breath Think Do with Sesame Street
 - Mindshift
 - Pacifica
 - Virtual Hope Box
 - Booster Buddy
 - Bliss Gratitude Journal
 - SmallCircles Caregiver Support

Recommended VIDEOS

For young children:

- Sesame Street Common and Colbie Caillat - "Belly Breathe" with Elmo
<https://www.youtube.com/watch?v= mZbzDOpylA>
- GoNoodle- Movement and Mindfulness: <https://www.gonoodle.com/>

-More-

For teens/adults:

- Learn the Diaphragmatic Breathing Technique <https://www.youtube.com/watch?v=kgTL5G1iblo>
- Relaxation (Johns Hopkins): <https://www.youtube.com/watch?v=intVpw4LhMY>
- Guided Imagery (Johns Hopkins): <https://www.youtube.com/watch?v=35ch88kmlls>
- Relaxation Downloads: <http://www.dartmouth.edu/~healthed/relax/downloads.html>

Strategies for coping during the COVID19 Crisis:

- <https://www.youtube.com/watch?v=kv6HkipQcfA>
- <https://www.youtube.com/watch?v=BmvNCdpHUYM&t=1s>
- <https://drive.google.com/file/d/1OG58MgC4dR2PxxwNhunCoYEaCOHN4TPkg/view>
- <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20
- https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/?utm_source=newsletter&utm_medium=email&utm_content=teenagers%20and%20young%20adults&utm_campaign=Weekly-03-03-20
- https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20