

# Helpful Phone Apps and Books for Stress and Anxiety Management

## Phone Apps:

- [TalkSpace \(Free for UF graduate students with RAs or TAs\)](#)
- 30/30
- MyLifeOrganized
- Priority Matrix
- The Worry Box (Android)
- Headspace
- Smiling Mind
- HelloMind
- Breathe2Relax
- CPT Coach (for PTSD)
- Happify
- iCBT
- Pacifica
- MoodTools

## Books (Presenter Brianna Kane's favorites):

- Feeling Good by David Burns
- Healing the Child Within By Charles Whitfield
- Learned Optimism By Marin Segliman
- The Anxiety Toolkit by Alice Boyes
- When Bad Things Happen to Good People By Harold Kushner
- The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change by Stephen Covey
- Let Go! By Pat Flynn
- Gifts of Imperfection By Brenne Brown
- The Alchemist By Paulo Coelho
- How to Win Friends and Influence People By Dale Carnegie
- The Four Agreements: A Practical Guide to Personal Freedom
- The Five Love Languages By Gary Chapman