

ME AGAIN THERAPY

Well-being Resource

When your team, colleagues and friends need a break from the day to day workload, below are some helpful time outs to step away from the day ahead. Many free apps offer an opportunity for daily practise to de-stress, relax and reset to return to life recharged and energised.

Headspace

Headspace promotes taking ten minutes out of your day to listen and clear your mind, with meditation and mindfulness techniques. These sessions focus on themes such as anxiety, stress and sleep, giving you reminders to practice healthy time-outs.

Mind Shift

An app designed specifically for anxiety, Mind Shift aims to help people to stop avoiding their anxious thoughts, instead focusing on changing how you might think about anxiety. Ideal for anyone who struggles to face challenges or deal with intense emotions.

Happify

Our mind is a muscle which benefits from training like any other muscle.

Happify helps to use your mind to overcome negative thoughts. Offering games, suggestions, and prompts all designed to fast track improving your mood.

My Possible Self

Helps you to recognise your feelings and to recognise thought patterns and triggers in your behaviours. Designed as self-help modules that cover a range of topics from anxiety and stress to activity levels and nutritional advice.

Tingles

If ASMR resonates with you the Tingles app offers audio and video relaxation guides based on the ASMR relaxation method, Upon completing a short survey they offer Video's, sleep meditations, nature sounds and soundscapes to help ease any tensions.

Sleep Cycle

The sleep cycle app tracks your movements when you're sleeping and analyses the sounds. It supports sleep with guided breathing exercises focused on both your body and mind. It aims to wake you during your lightest sleep cycle to ease you into the day more easily.

Me again therapy Blog

The Me again therapy Blog offers support for overthinkers, worriers and anyone holding tension in their minds and body, the audio downloads allow you to take some time for yourself, whether that's a coffee break or a moment to relax before bedtime.

www.meagaintherapy.com/blog

Me Again Therapy - Well-being Resources
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