

Apps For Anxiety			
Name	Apple	Droid	
3 Minute Mindfulness	Free		
5 Minute Meditation	Free		
7 Cups	Free		
Advanced Brain Training-Get Rid of Your Anxiety	\$0.99		
Anti-Stress Quotes!	Free		
Anxiety Buster Audio	\$1.99		
Anxiety No More	Free	\$16.22	
Anxiety Relief	\$11.99		
Anxiety Relief - 4 week program	\$7.99		
Anxiety Relief - Martin L. Rossman	\$7.99		
Anxiety Reliever	Free	Free	
AnxietyBeGone	Free		
Blue Star Bright/Stress Tension Anxiety Relief	Free		
Breathing Exercises		Free	
Breathe, Think, Do with Sesame	Free		
CenteredState - Hypnotic Deep Breathing	Free		
Color Therapy	Free		
Cure Stress	Free		
Feel.sx	Free		
Free Coloring Book for Adults		Free	
Free Relaxing Sounds of NatureAt Ease	\$2.99		
Happify: Science-Based Activities and Game	Free		
I Can Be Free - Relax, remove Fear and Anxiety	Free		
iMoodJournal	\$1.99		
Mandala Coloring Pages		Free	
Meditation and Relaxation Free!	Free		
Meditation Experience		Free	
Meditation Oasis	\$15.99		
Mood O Scope	Free		
Moodfit - Stress, Anxiety & Depression	Free		
Moodtrack Diary: Social Mood Tracker	Free		
Moodtrack Diary: Social Mood Tracker Private	\$0.99		
Namaste	\$0.99		
Nature Music	Free		
Optimism	Free		
Nature Sounds & Ambient Music	\$2.99		
Oriental Relaxing Sounds	Free		
Owl Coloring Book	Free		
Pacifica - Anxiety, Stress, & Depression	Free	Free	
Relax - Stress and Anxiety	\$2.99	2.99	
Relax App - Relaxation music, melodies and white noise	Free		
Relax Lite: Stress and Anxiety Relief	Free		
Relax Melodies	Free		
Relax Sounds and Ambient Music	Free		

Relaxation Tips to Relieve Stress and Anxiety	\$0.99		
Relaxing Sounds - Sleep Well	Free		
Name	Apple	Droid	
Relaxing Sounds of Nature	\$1.99		
Self-help for Anxiety Management	Free	Free	
Stop Apnic & Anxiety Self-Help		Free	
Stress and Anxiety Companion	Free		
Stress Relief	Free		
Stress Relief - Dealing With Chronic Stress & Anxiety	Free		
Stress Relief & Anxiety Free	Free		
Stress Relief Affirmations	Free		
Stress Relief and Anxiety Self Help	\$2.99		
Stress Relief, Anxiety Help	\$0.99	Free	
Stress Relieving Daily Quotes	Free		
The Worry Box		Free	
White Noise	Free		
Yoga for Stress Relief, Anxiety, Depression and Sleep	\$1.99		
Zen Glass	\$0.99		
Zen Mixer	Free		
Apple Apps may be specific for iPhone, iPad, etc			