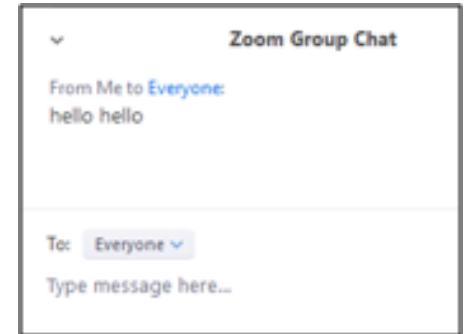


Special Topic: Mental Health Apps



Zoom Reminders

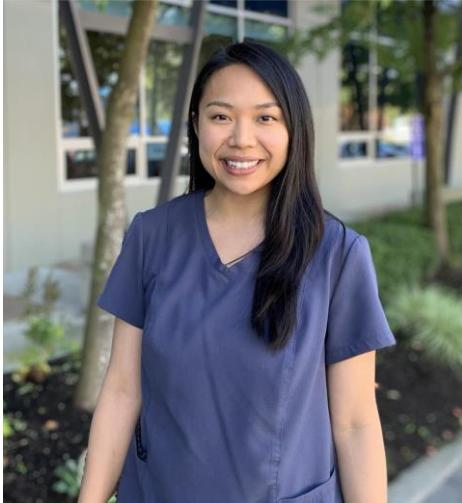
- Welcome to Zoom everyone!
- Please make sure your microphone is **muted** and your camera is **off**
- You can use the chat box to ask questions to the facilitator or physician
- For private medical questions, please submit a progress check upon registration via www.medweight.ca
- Feel free to ask general medical questions during or at the end of the group as our physician is still here physically



Disclaimer:

These apps and resources are not meant to replace mental health professionals. If you require more support or advice, please seek professional care.

About Us



Linda Phan
BSc in Food, Nutrition & Health



Cory Lara
BSc in Food, Nutrition & Health

Disclaimer:

We have no affiliation with any of the companies that make the applications discussed in this presentation.

Applications were selected based on the unique features which they offer in addition to having a free option.

Disclaimer:

Please read carefully through the “Terms & Agreement” section of these apps to learn more about their security features.

Emotions Are Part Of Being Human



Learning Objectives

- **Develop a better understanding of some of the causes and effects of anxiety and stress**
- **Explain the benefits of relaxation, meditation, and positive psychology on physical and mental wellbeing**
- **Introduce and provide a variety of resources for mental wellbeing including mobile apps, websites, books, and crisis lines and know how to utilize them**

How would you define stress?

Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances

How would you define anxiety?

Anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome

What are some causes of stress
or anxiety?

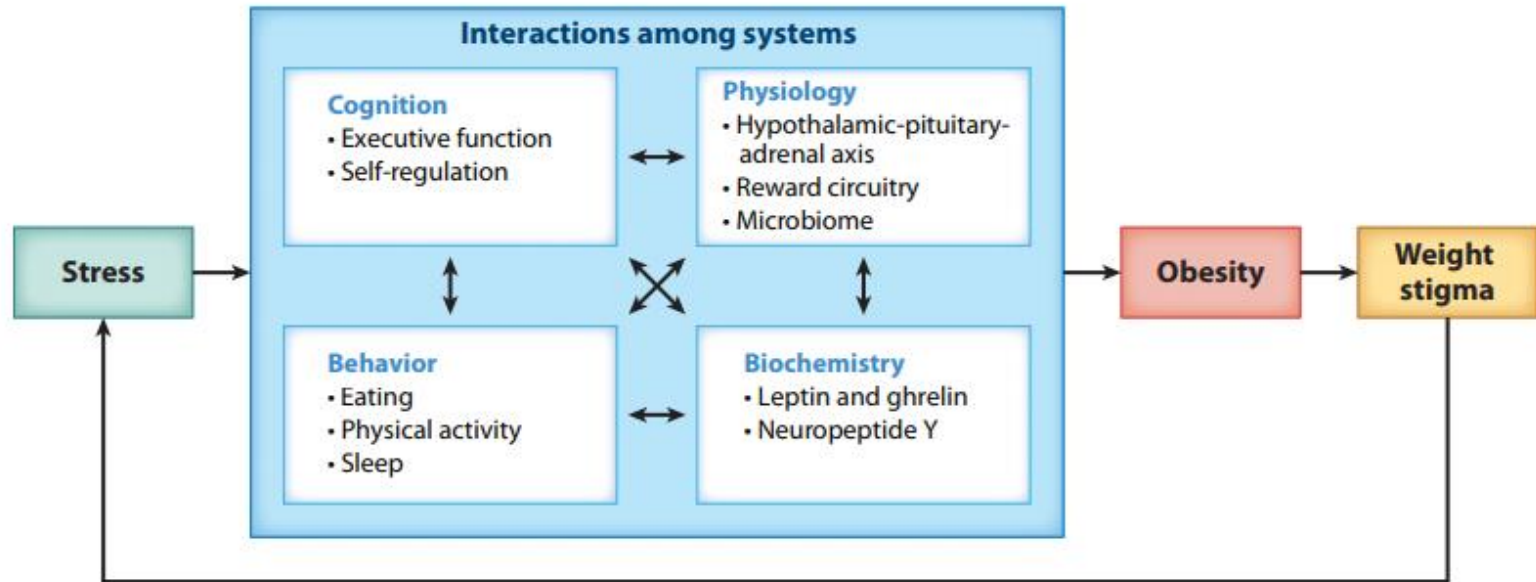


Figure 1

Pathways that connect stress to obesity. The components in the blue box are theorized to interact with one another, although existing studies do not test all possible interactions. Weight stigma is characterized as a stressful state, thus creating a positive feedback loop.

Science Behind Anxiety and Stress

- **Individuals respond and cope with stress in different ways that may contribute to weight gain**
 - Emotional eating
 - Decreased physical activity
 - Disordered sleep
- **3 C's of Anxiety Recovery (Dr. Stanley Hibb)**
 - Calm your body
 - Correct your thinking
 - Confront your fears

Anxiety and Stress Apps



Self-help Anxiety
Management



MindShift

Self-help for Anxiety Management (SAM)

Recommended for:

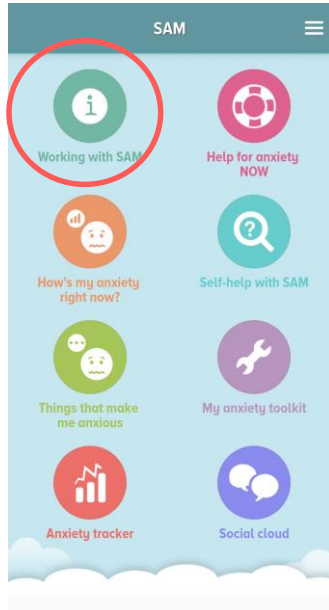
- Building your own anxiety toolkit through self-help exercises and private reflections
- Improving anxiety awareness/education

Features:

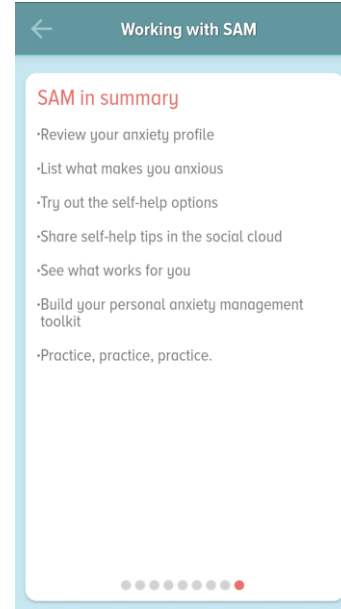
- “Social cloud” = encourages the sharing of experiences and provides social support within the SAM community while protecting your identity



Self-help for Anxiety Management (SAM)



Step 1: Go here first to learn more about the app

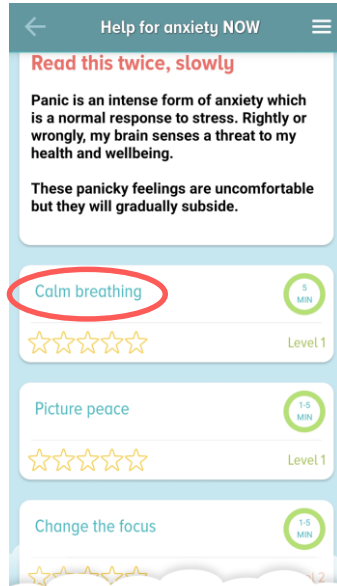


Step 2: Read summary about SAM

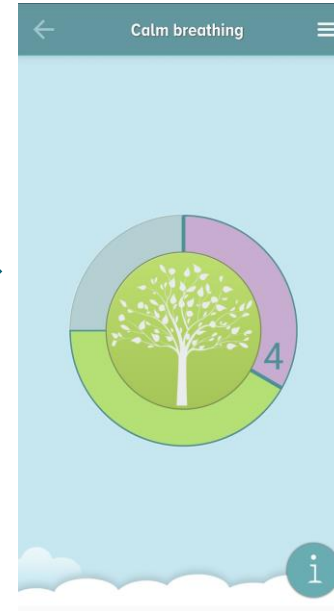
Self-help for Anxiety Management (SAM)



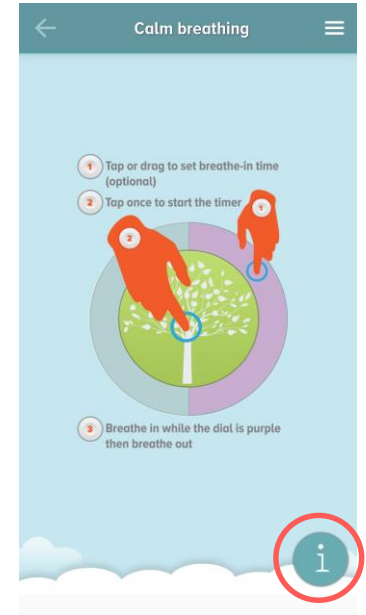
Step 1: Choose desired icon such as Help for Anxiety Now



Step 2: Select an exercise

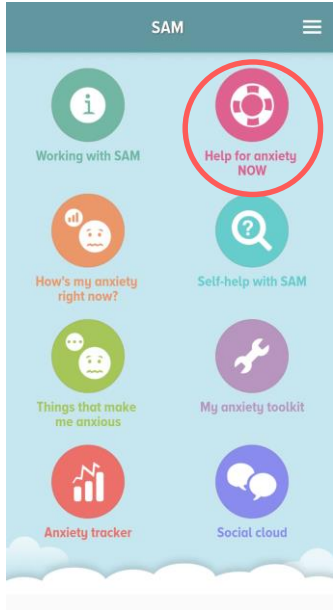


Step 3: Practice breathing exercises for anxiety

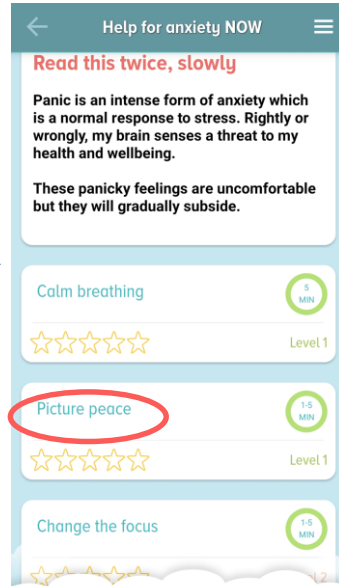


Step 4: Click "i" for instructions

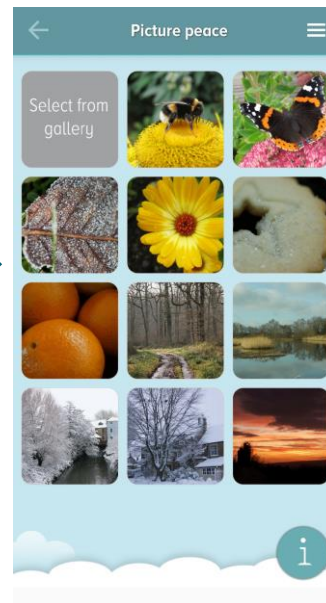
Self-help for Anxiety Management (SAM)



Step 1: Choose desired icon such as Help for Anxiety Now



Step 2: Select an exercise

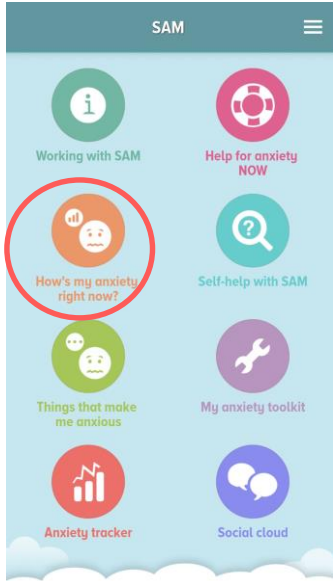


Step 3: Pick a picture



Step 4: Swipe to reveal

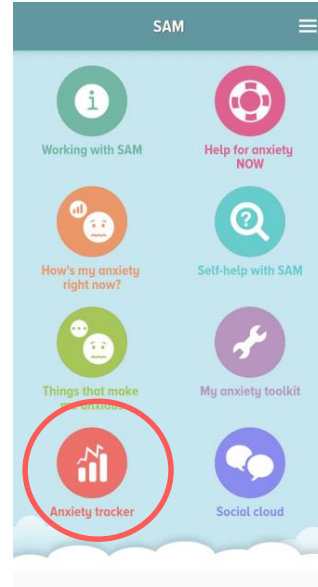
Self-help for Anxiety Management (SAM)



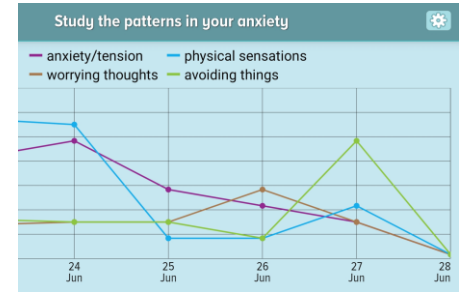
Step 1: Choose desired icon such as How's My Anxiety Now



Step 2: Rate current anxious feelings

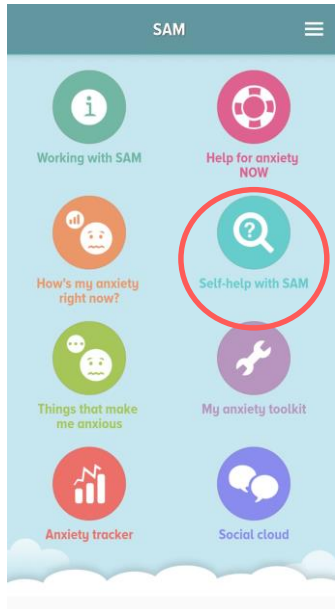


Step 3: Choose Anxiety Tracker to view stats

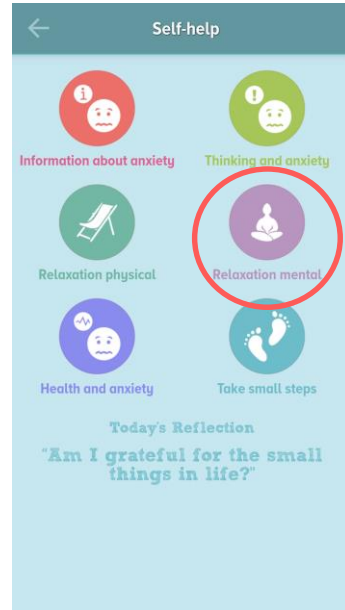


Step 4: Review anxiety levels over time

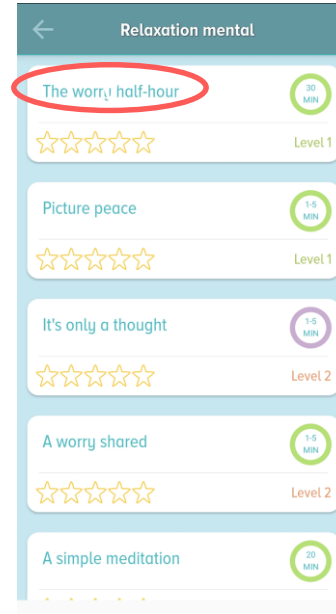
Self-help for Anxiety Management (SAM)



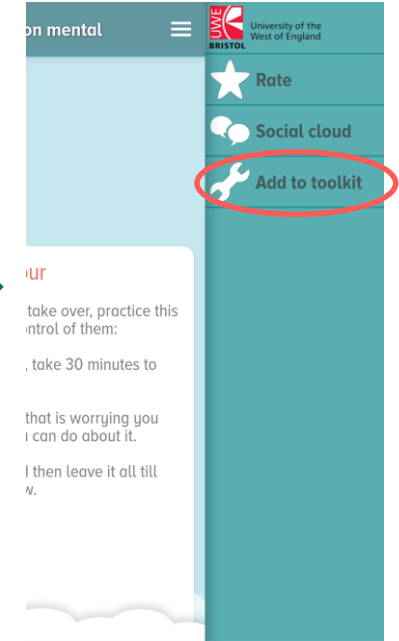
Step 1: Choose desired icon such as Self Help with SAM



Step 2: Choose self-help category (ie: mental relaxation)

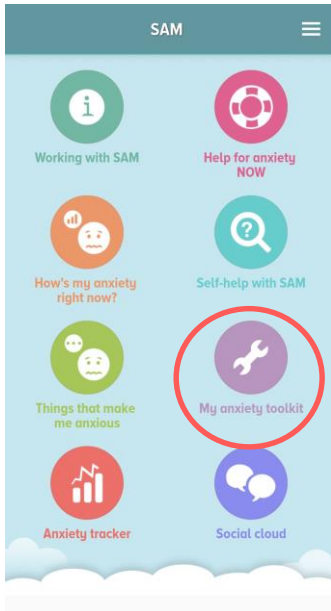


Step 3: Choose activity

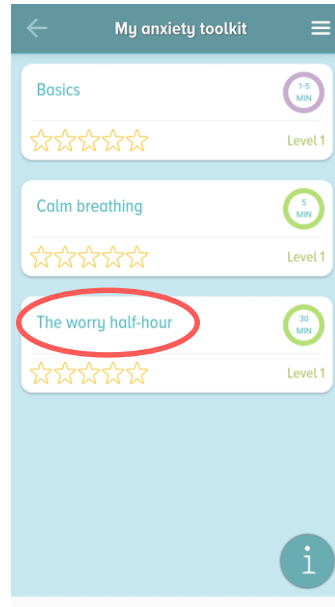


Step 4: Practice! Add favorites to toolkit

Self-help for Anxiety Management (SAM)

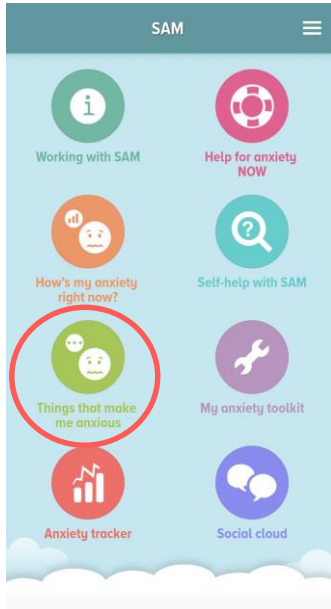


Step 1: Choose My Anxiety Toolkit to find favorites

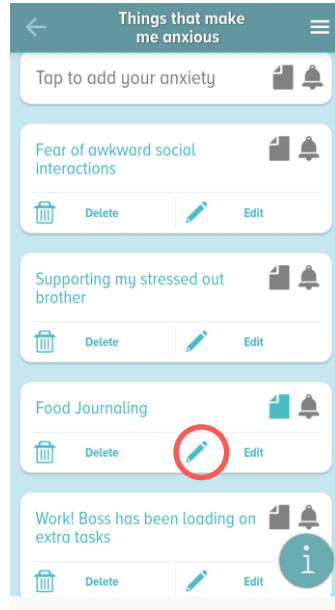


Step 2: Practice activities that work for you!

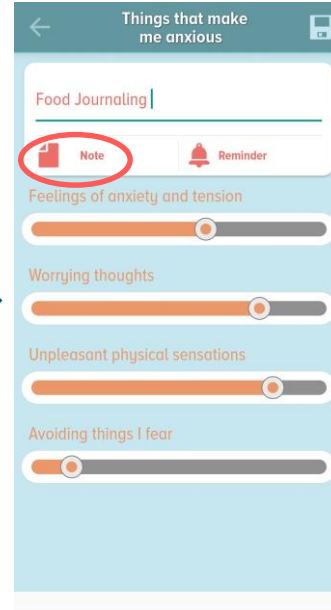
Self-help for Anxiety Management (SAM)



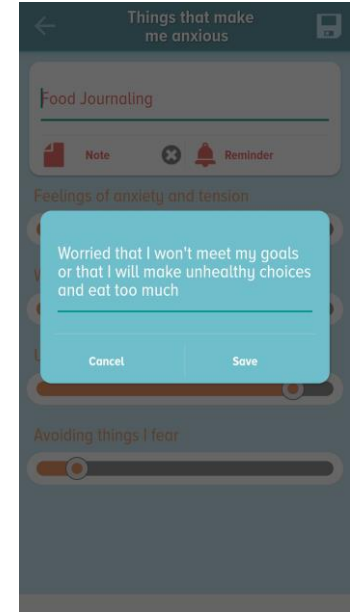
Step 1: Choose desired icon such as Things that Make Me Anxious



Step 2: Record situations that make you anxious

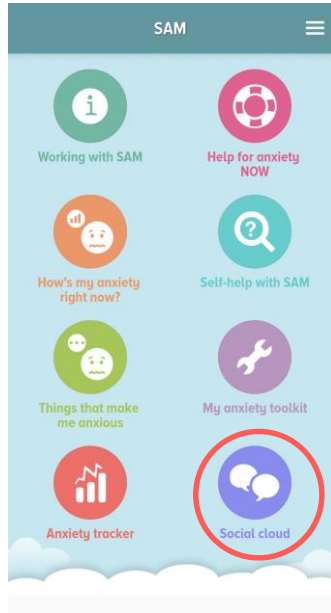


Step 3: Edit and record feelings associated with this anxiety

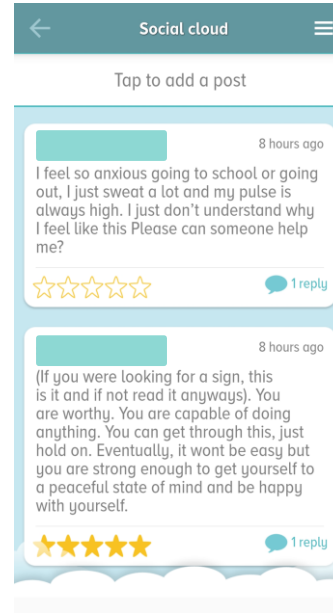


Step 4: Add a note to elaborate (why it makes you anxious/what to do)

Self-help for Anxiety Management (SAM)



Step 1: Choose desired icon such as the Social Cloud



Step 2: Share and read posts (decide if this section is right for you)

Self-help for Anxiety Management (SAM)



Posts on the social cloud are not written by experts in the field, but other users of the app.

Use your discretion if choosing to accept advice from others as suggestions are individually based and may not be supported by research.

Self-help for Anxiety Management (SAM) Summary



Ratings: 4.0/5

Entirely Free App

Available in Apple Store and Google Play

Pros:

- Helpful for tracking and identifying anxious symptoms
- Provides basic understanding of anxiety for users
- Breaks down relaxation exercises into physical, mental, and cognitive components
- Social Cloud—Community support

Cons:

- Mostly informational and text/reading based—Many of the activities to do outside of the app
- Requires user to be self-reflective/awareness and able to recognize anxiety symptoms or thoughts
- Lacks an auditory component

<http://sam-app.org.uk/>



MindShift

A self-help anxiety relief app that uses Cognitive Behavioral Therapy strategies

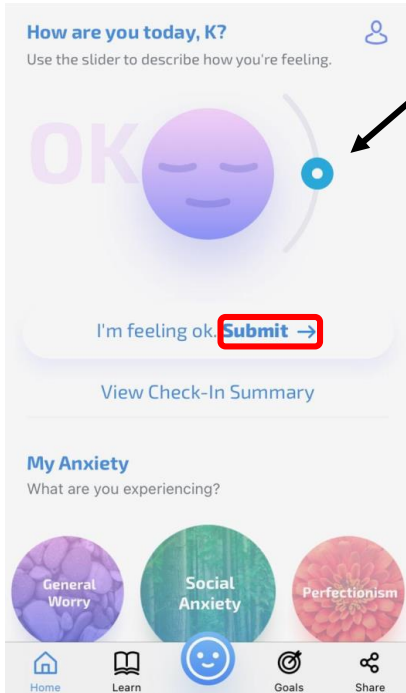
Features:

- Thought journal
- Coping cards
- Belief experiments
- Facing fears
- Chill zone
- Check-in
- Goal setting
- Healthy habits

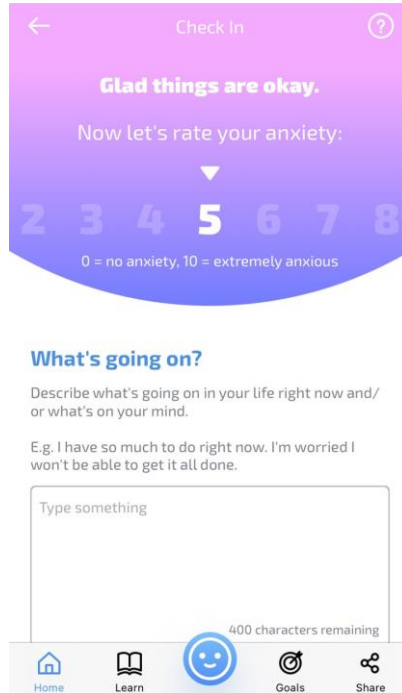
<https://www.anxietycanada.com/resources/mindshift-cbt/>



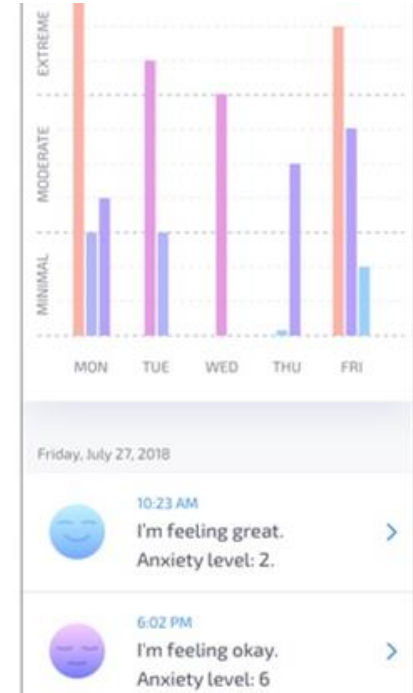
You can complete multiple check-ins throughout the day to stay mindful of your mood




Step 1: Indicate your mood




Step 2: Rate your anxiety level and express your feelings



Step 3: Review mood and anxiety levels in the past week

How are you today, K? 


Use the slider to describe how you're feeling.


OK 


I'm feeling ok. **Submit** →


[View Check-In Summary](#)


My Anxiety
What are you experiencing?


 General Worry


 Social Anxiety


 Perfectionism

 Home

 Learn



 Goals


 Share



I'm feeling ok. **Submit** →

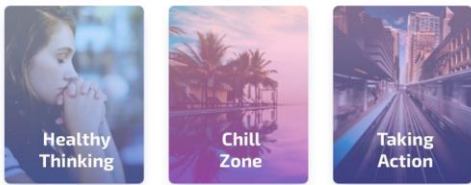
View Check-In Summary

My Anxiety
What are you experiencing?




General Worry Social Anxiety Perfectionism

Tools
Choose a tool to help manage your anxiety.



Healthy Thinking Chill Zone Taking Action


Home Learn  Goals Share

← Social Anxiety

Intro **Signs** Tips


People with social anxiety tend to experience symptoms in the following areas:

Body - what we feel physically and emotionally
Mind - what we think
Behaviours - what we do



Body

- Feeling nervous, embarrassed or self-conscious
- Blushing, shaking, sweating, or stuttering
- Dry mouth or lump in throat
- Upset stomach or nausea
- Pounding or racing heart

Home Learn  Goals Share



MindShift

Help you understand, identify and manage...

- General Worry
- Social Anxiety
- Perfectionism
- Panic
- Phobias



MindShift

I'm feeling ok. **Submit** →

[View Check-In Summary](#)

My Anxiety

What are you experiencing?



General
Anxiety



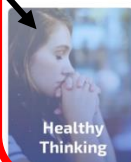
Social
Anxiety



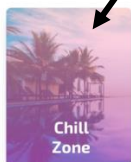
Perfectionism

Tools

Choose a tool to help manage your anxiety.



Healthy
Thinking



Chill
Zone



Taking
Action



Home



Learn



Goals



Share



Healthy Thinking

Thought Journal

Untwist your anxious thinking to get perspective and become a more balanced thinker.

Coping Cards

Ease your anxiety in the moment by readjusting your thinking with helpful coping thoughts.

Belief Experiments

Test out the beliefs that fuel your anxiety to shut down excessive worry for good.



Home



Learn



Goals



Share



Chill Zone

Audio 1

Audio 2



Calm Breathing

2 mins

Slow down your breathing to help your body calm down.



Tense and Release

6 mins

Tense and relax all of the muscles in your body, one at a time.



Mental Vacation

4 mins

Imagine a peaceful place that can help you feel calmer.



Test Anxiety

5 mins

Imagine yourself doing well on the test beforehand to feel more confident.



Social Anxiety

5 mins

Visualize yourself feeling confident in a social situation to help you manage.



Home



Learn



Goals



Share



MindShift Summary

Apple Store: 4.4/5

Google Play: 4.1/5

Pros

- Free access to all resources in the app
- Provides basic understanding of anxiety
- Helps users identify and challenge thinking traps

Cons

- Does not keep long term log of check-ins

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Other Strategies for Managing Anxiety

- Journaling
- Meditation and relaxation
- Colouring
- Animal therapy



Colour Therapy



- Blank paper, coloring books, coloring/doodling apps (Colorfy)
- **Benefits:**
 - Mindfulness and relaxation (Flett, 2017)
 - Increased prefrontal cortex activity which is associated with social cognition, long-term memory processing, emotional processing and the reward pathway (Kaimal et al., 2017)



Benefits of Journaling

Journaling has been found to be associated with decreased mental distress and increased mental wellbeing (Smyth et al., 2018)

Journaling can be helpful in managing our mental health by allowing us to...

- identify triggers
- recognize negative thinking
- prioritize problems and concerns

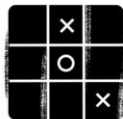
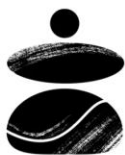


1. **Situation** (explain the situation)
2. **Automatic Thoughts** (what initial thoughts or images first enter your mind)
3. **Emotions** (What type of emotions or physical reactions do you have when thinking about this situation)
4. **Initial distress** - ?/10
5. **Distress thoughts** (choose the ones that apply)
 - a. All or Nothing (if it's not perfect, it's a failure)
 - b. Overgeneralization (one mistake = this is a pattern of mistakes I always make)
 - c. Mental Filter (Focuses on the negatives instead of large positive)
 - d. Jumping to Conclusions (Drawing negative conclusions without all needed information)
 - e. Should thoughts (should, must, ought to be a certain way)
 - f. Personalization (placing blame on self for an event not my fault)
6. **Alternative Thoughts** (what could you say to yourself to challenge those automatic thoughts to the situation?)
7. **Outcome** (Now that you have challenged those thoughts, how do you see the situation now? What are some potential actions you could take?)
8. **Final distress** - ?/10

Activity: Thought Diary

<p>Situation (Explain the situation/event that created the distress)</p> <ul style="list-style-type: none"> I haven't completed my food journaling all week! I have been so busy with work and other responsibilities I just didn't have time this week. 								
<p>Automatic Thoughts (What thoughts or images first enter your mind?)</p> <ol style="list-style-type: none"> I failed! I will never be able to lose the weight that I want to I should be able to always complete my food journal even if my life gets busy They will be so mad at me at my next appointment!! 								
<p>Emotions (What type of emotions or physical reactions do you have when you think about this scenario?)</p> <ul style="list-style-type: none"> Disappointment in myself—feeling like I'm not meeting my goals Anxiety about not being able to show my food journal at my next appointment Feeling sick to my stomach thinking about having to say I didn't finish my journal this week 								
<p>Initial Distress</p> <p style="text-align: center;">8 / 10</p>								
<p>Distorted Thoughts (Circle those that apply)</p> <table border="0" style="width: 100%;"> <tr> <td style="border: 1px solid red; padding: 5px;"> <p>All or Nothing Thinking (everything full on or off; if it isn't perfect it's a failure)</p> </td> <td style="padding: 5px;"> <p>Overgeneralization (one mistake = this is a pattern of mistakes I always make)</p> </td> <td style="padding: 5px;"> <p>Mental Filter (focus on negative instead of larger positive)</p> </td> </tr> <tr> <td style="border: 1px solid red; padding: 5px;"> <p>Jumping to Conclusions (drawing negative conclusions without all needed information)</p> </td> <td style="border: 1px solid red; padding: 5px;"> <p>Should Statements (should, must, ought to be a certain way)</p> </td> <td style="padding: 5px;"> <p>Personalization (Placing blame on self for an event not my fault)</p> </td> </tr> </table>			<p>All or Nothing Thinking (everything full on or off; if it isn't perfect it's a failure)</p>	<p>Overgeneralization (one mistake = this is a pattern of mistakes I always make)</p>	<p>Mental Filter (focus on negative instead of larger positive)</p>	<p>Jumping to Conclusions (drawing negative conclusions without all needed information)</p>	<p>Should Statements (should, must, ought to be a certain way)</p>	<p>Personalization (Placing blame on self for an event not my fault)</p>
<p>All or Nothing Thinking (everything full on or off; if it isn't perfect it's a failure)</p>	<p>Overgeneralization (one mistake = this is a pattern of mistakes I always make)</p>	<p>Mental Filter (focus on negative instead of larger positive)</p>						
<p>Jumping to Conclusions (drawing negative conclusions without all needed information)</p>	<p>Should Statements (should, must, ought to be a certain way)</p>	<p>Personalization (Placing blame on self for an event not my fault)</p>						

<p>Alternative Thoughts (What could you say to yourself to challenge those automatic thoughts to the situation?)</p> <ol style="list-style-type: none"> This isn't a failure—maybe a small setback but I can get back on track. I've lost 5 pounds already, I am moving towards my goal slow and steady Sometimes I have to give myself a bit of a break—life happens and I can adjust my goals when this happens I have always been supported at the program and I usually complete what is asked of me—not being able to food journal one week is okay, I always attend and participate in groups
<p>Outcome (Now that you have challenged those thoughts, how do you see the situation now? What are some potential actions you could take?)</p> <ul style="list-style-type: none"> I feel like I have a more realistic perspective of the situation now—This is not a failure but something I can deal with I recognize how hard I am on myself with my automatic thoughts. I am going to be aware of these in the future and show myself some self-compassion Still feeling a bit worried about my appointment but maybe I could reschedule to give myself more time to have longer food journaling—if not I will start today and at least have a few days to show
<p>Final Distress</p> <p style="text-align: center;">4 / 10</p>



S. Stoic.

Mental health tracking & journaling app

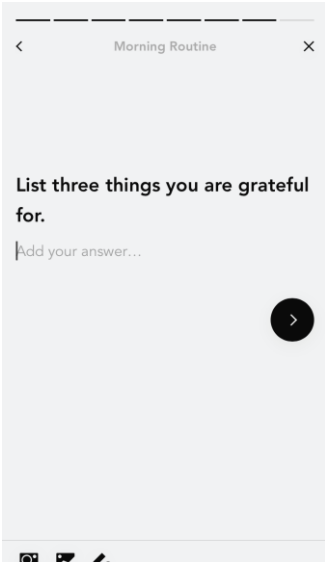
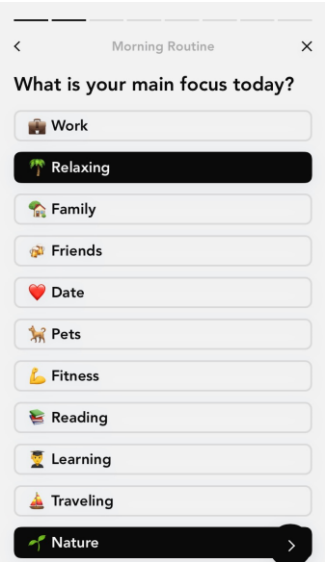
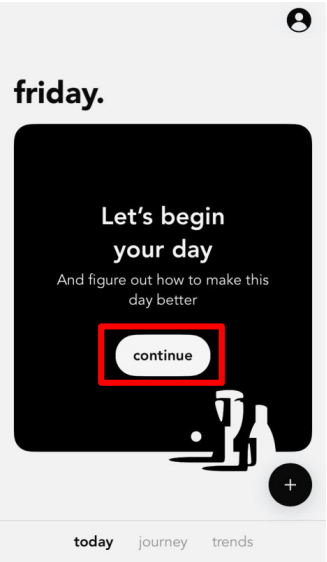
Features:

- Journaling
- Meditation
- Goal setting
- Breathing exercises
- Reflective exercises
- Quotes
- Mood tracker

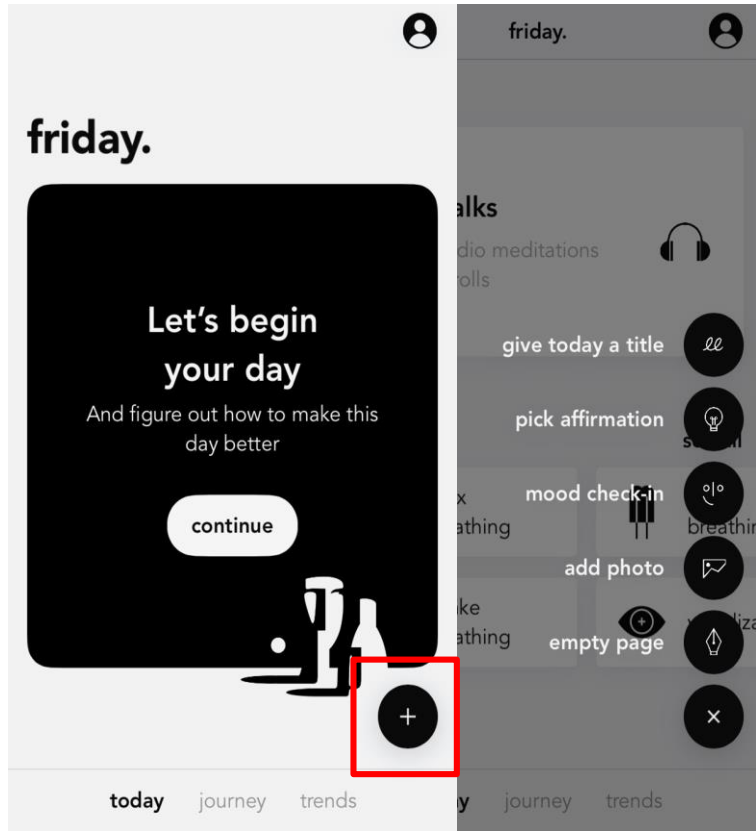
<https://www.stoicroutine.com/>

S.

Stoic.



1. Complete the morning check in
2. Organize your thoughts before you go on with your day
3. Start your day off on a positive note by reminding yourself what you are grateful for



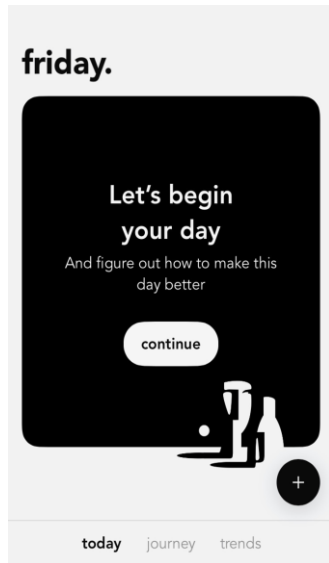
S. Stoic.

As the day goes on....

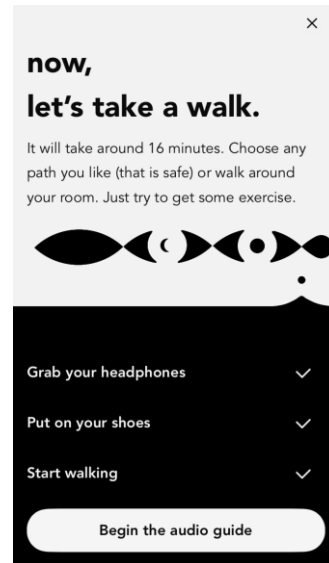
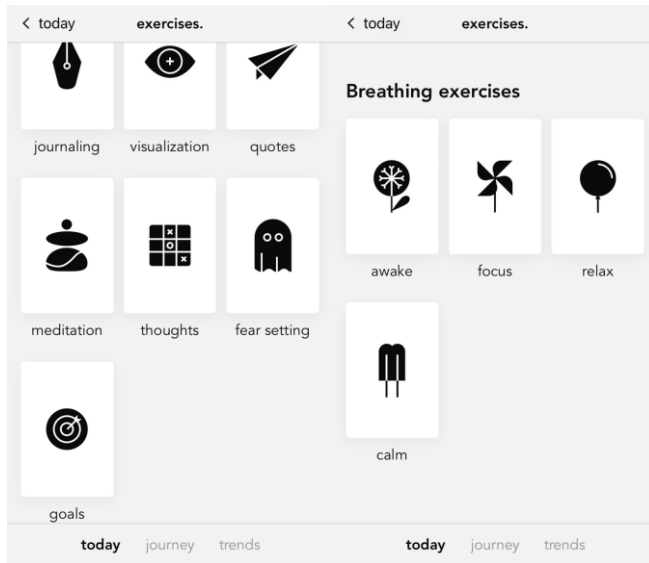
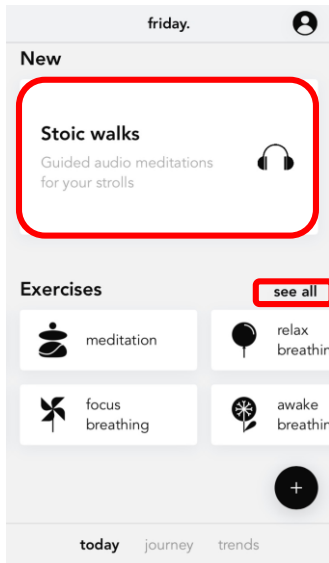
- Summarize your day → **give today a title**
- Give yourself reassurance → **pick affirmation**
- Feeling a certain way → **mood check-in**
- Take a photo of your day → **add photo**
- Have a lot on your mind → **empty page**



S. Stoic.

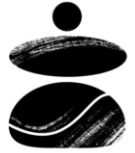
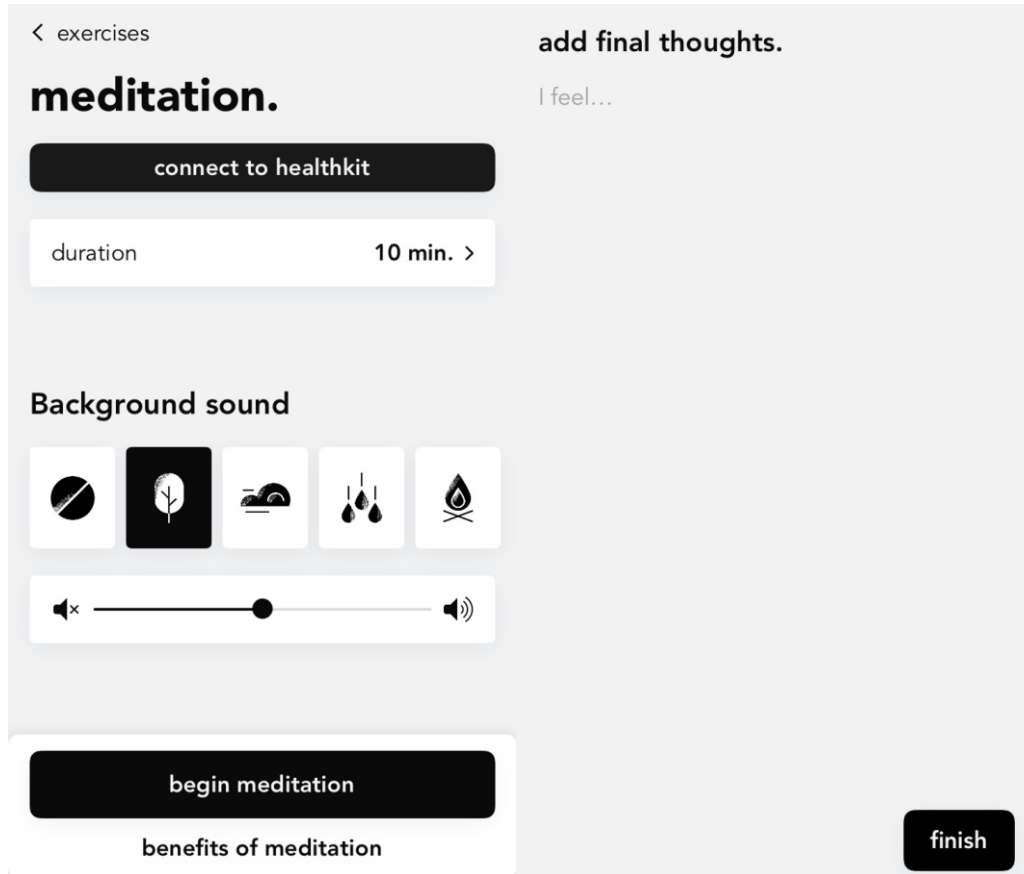


S. Stoic.



More in the today tab

- journaling, visualization, quotes, meditation, thoughts, fear setting, goals
- breathing exercises
- guided walks



S.

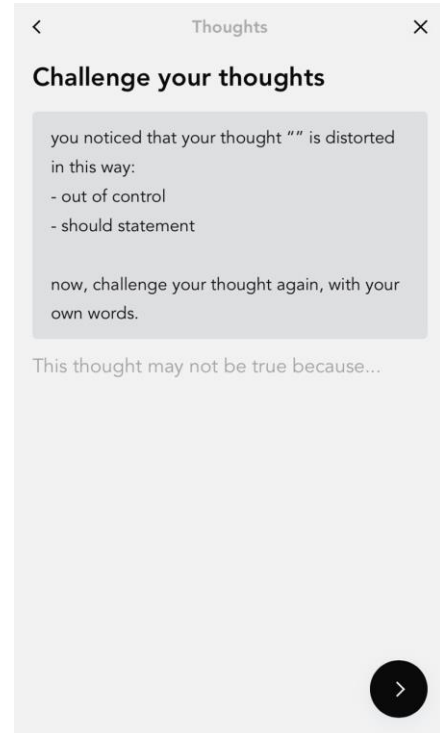
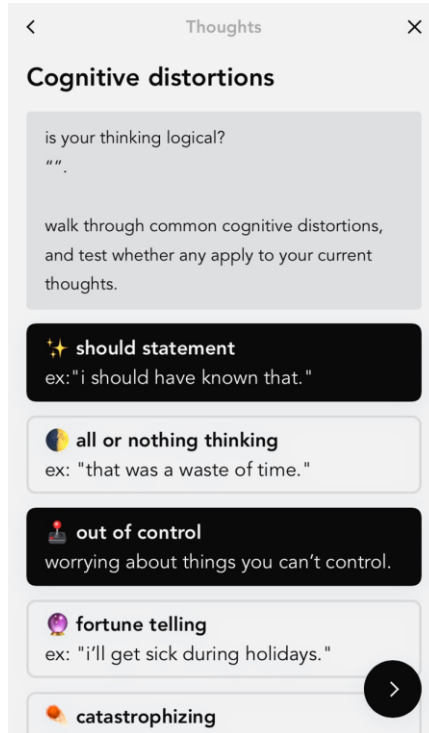
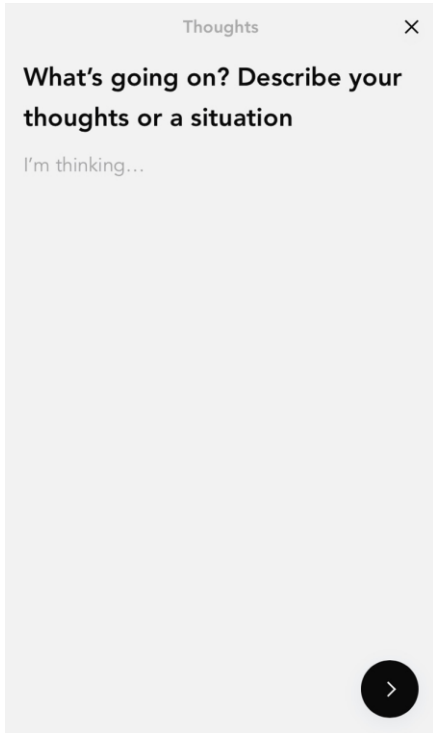
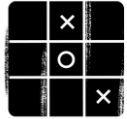
Stoic. Meditation

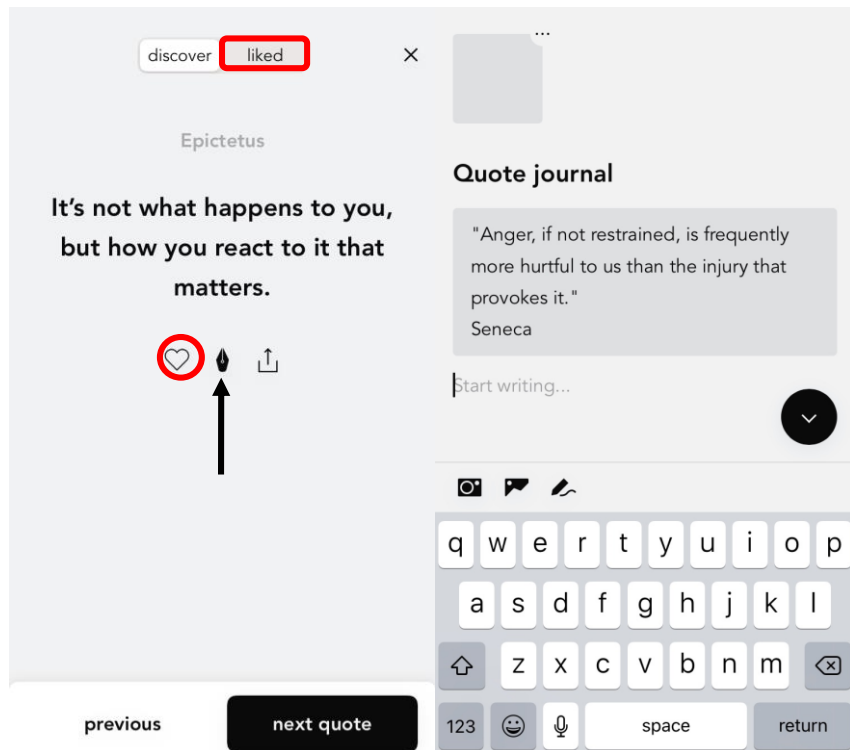
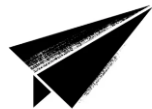
1. Set the duration of your session
2. Choose a background sound
3. Adjust the volume
4. Turn on/off interval sound
5. Begin meditation

After your meditation, jot down any thoughts or feelings you have

S.

Stoic. Thoughts





S. Stoic. Quotes

Discover a quote you like?

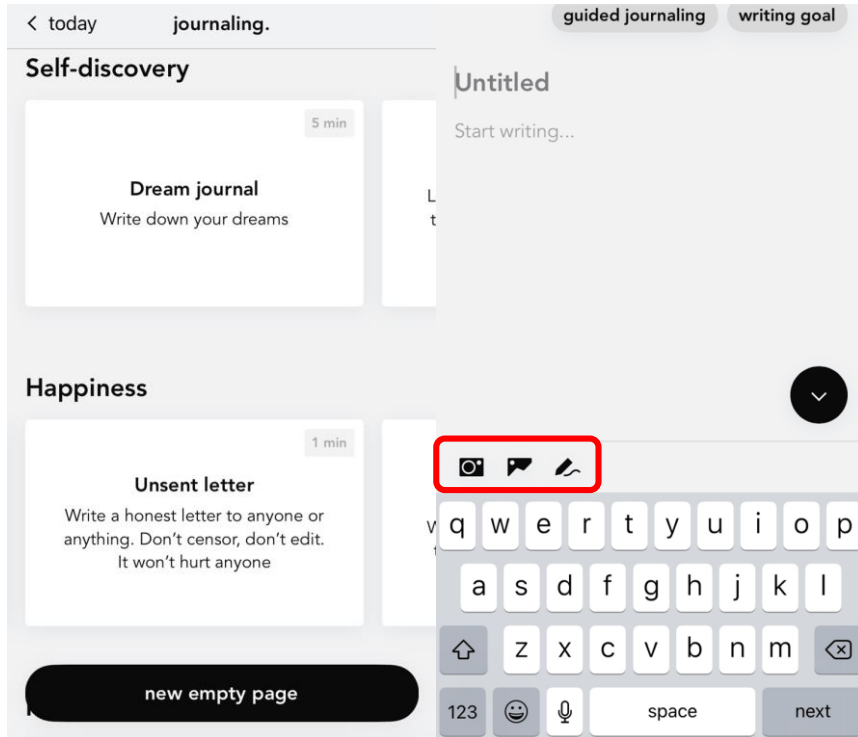
Tap the heart icon

→ all your liked quotes will be stored in the liked tab

Does a quote resonate with you or evoke certain emotions?

Tap the pen icon

→ you can write, draw and attach photos to express your thoughts and ideas



S.

Stoic. Journaling

Express your thoughts and feelings
through words, drawings and photos

Choose from a variety of different guided
journaling activities or start a new empty
page

S.

Stoic. Summary

Apple Store: 4.8/5

Google Play: 4.2/5

Premium option (\$9.49/month)

Pros

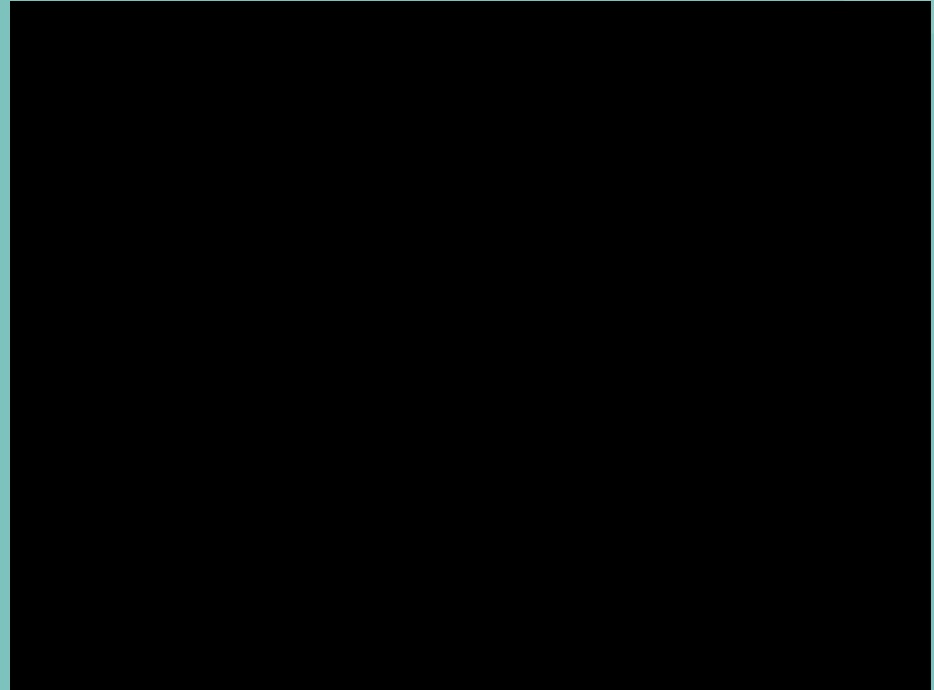
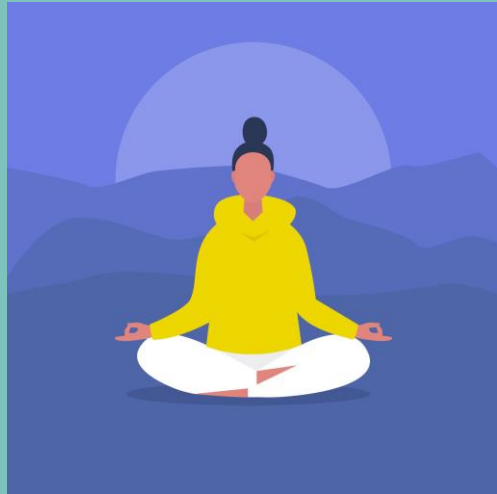
- Free version gives you access to a majority of the functions and activities
- A large variety of different activities to choose from

Cons

- Meditations are unguided
- Does not provide extensive analysis of your mood

<https://www.stoicroutine.com/>

Mindfulness Break



Science Behind Relaxation & Mindful Meditation

Mindful Meditation may improve mental and physical wellbeing by:

- Reducing stress
- Improving sleep
- Increasing focus



Relaxation & Mindful Meditation Apps



Headspace



Headspace

Recommended for:

- Concentration, anxiety, stress, compassion, and other emotions
- Can be used during different activities (commuting, running, etc.)

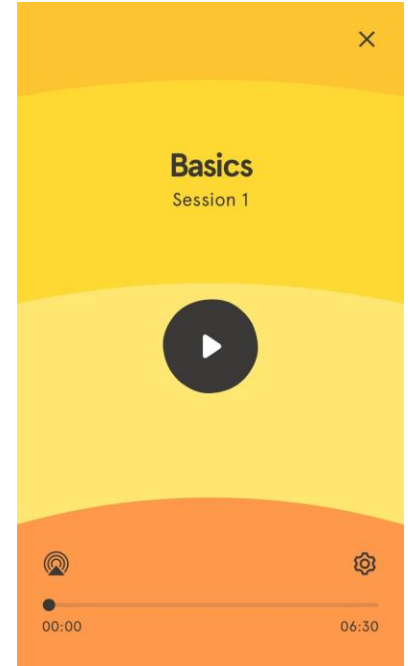
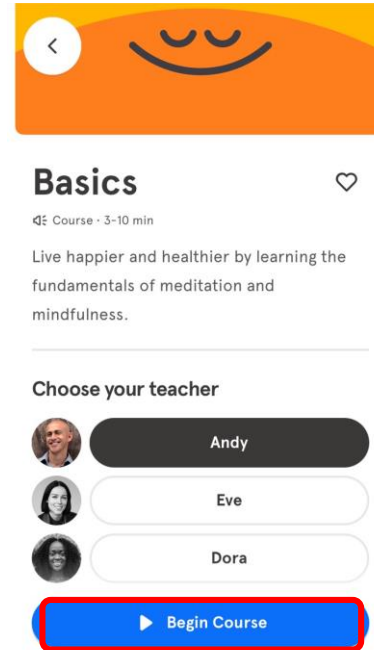
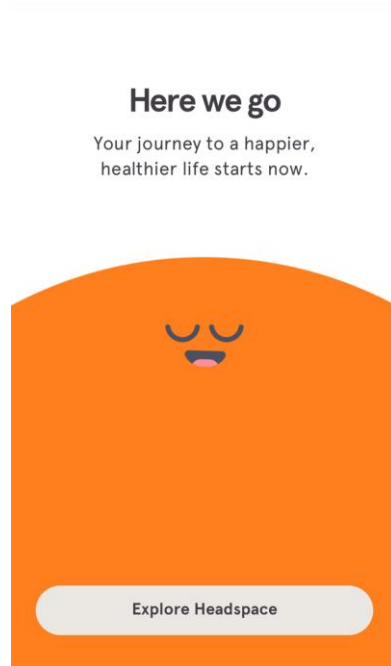
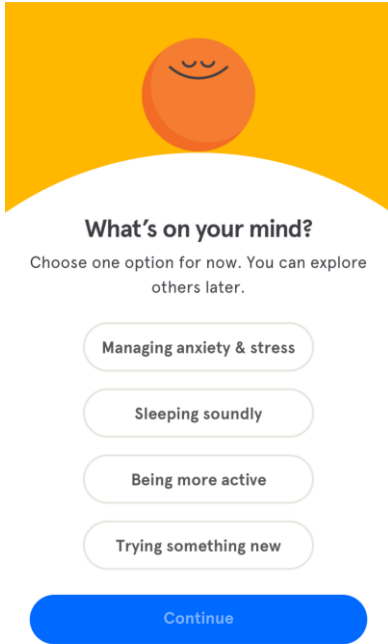
Features:

- Themed courses (stress, sleep, etc.)
- Guided meditations of different durations
- Exercises for sleep
- Live stream meditations and community stories



<https://www.headspace.com/>

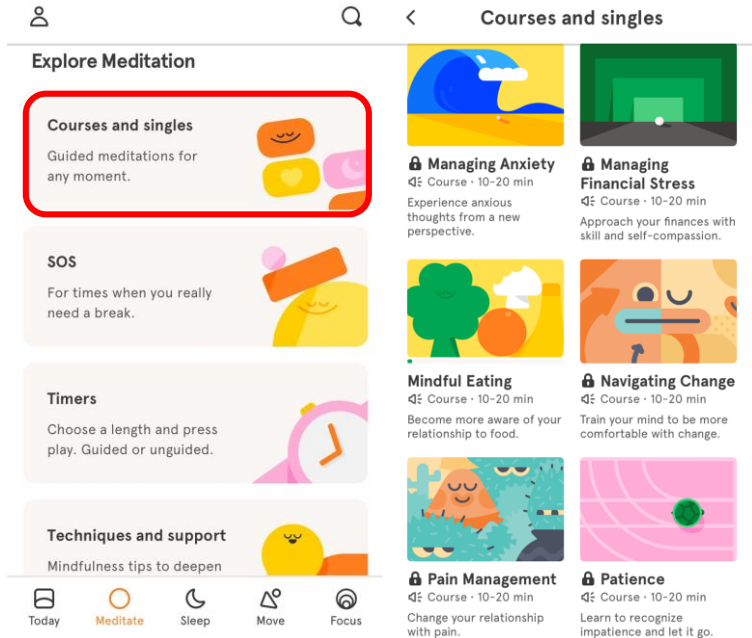
Headspace: Getting Started



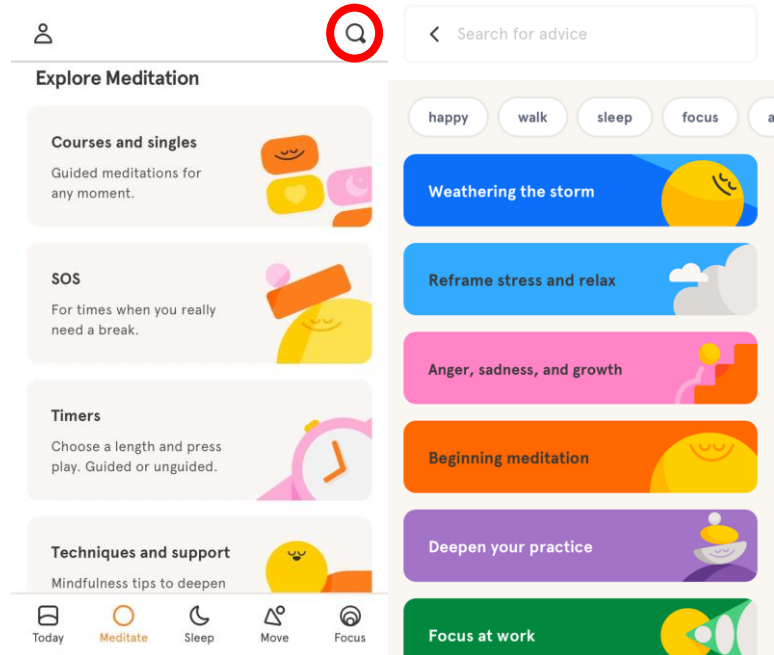
Step 1: Open app and choose what you would like to focus on

Step 2: Complete suggested activities with instruction along the way

Headspace: Meditate



Step 1: Select explore to choose a category of activities



Step 2: Pick desired activity and practice

Headspace: Animations



Animations and more



Planting a Seed

Expert Guidance · 1 min

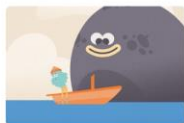
Meditation flourishes with practice and compassion.



Happiness of Others

Expert Guidance · 1 min

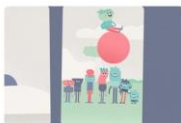
The easiest way to find your own happiness.



Impermanence and Change

Expert Guidance · 1 min

In life, and in meditation, change is the only constant.



Precious Human Life

Expert Guidance · 1 min

Appreciating life's fundamental preciousness.



Shared Human Condition



Cause and Effect

Expert Guidance · 1 min

Animations and more

Common obstacles



Sleepiness

Advice · 4 min

Need a little help staying awake while meditating?



Impatience

Advice · 4 min

Learn to let go of impatience.



Motivation

Advice · 4 min

Staying motivated requires a different perspective.



Restlessness

Advice · 6 min

How to deal with a fidgety body or busy mind.



Worry

Advice · 7 min



Posture

Advice · 7 min

Animations and more

Techniques



Body Scan

Expert Guidance · 1 min

Bring body and mind together.



Focused Attention

Expert Guidance · <1 min

Place your attention on one thing at a time.



Noting

Expert Guidance · 1 min

Keep thoughts and feelings in proportion.



Visualization

Expert Guidance · <1 min

Using your imagination with the right amount of effort.



Resting Awareness



Loving Kindness

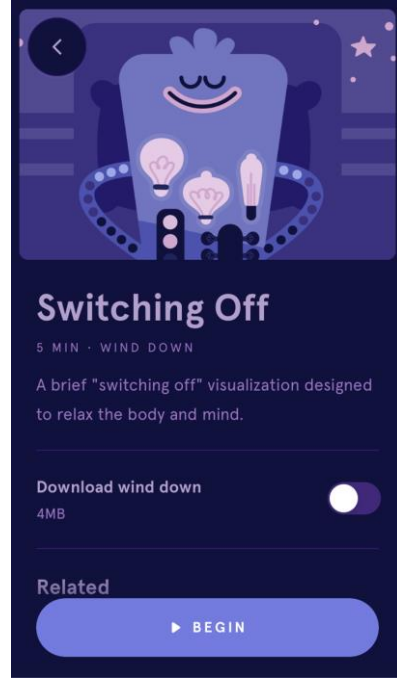
Headspace: Animations - Noting



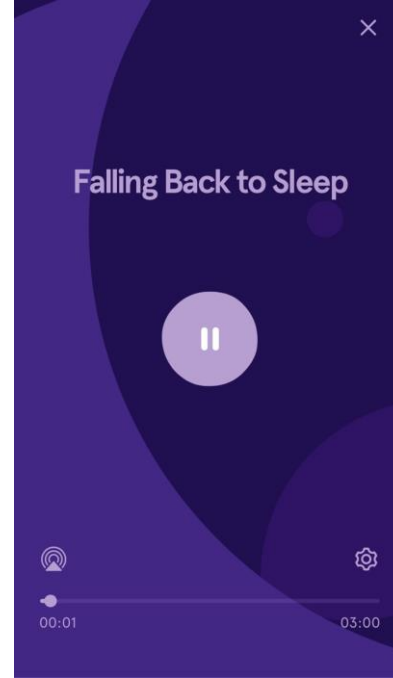
Headspace: Sleep



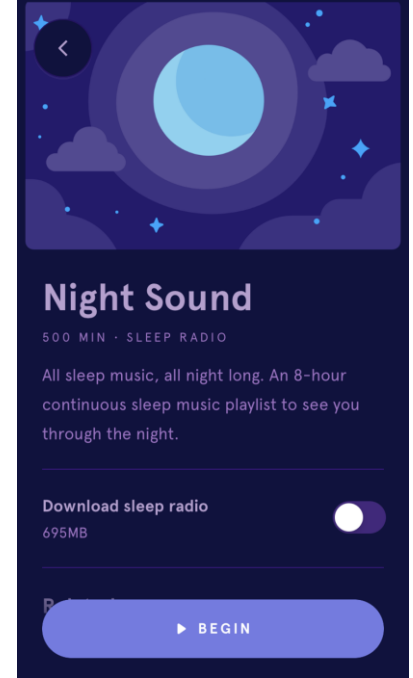
Step 1: Explore sleep exercises



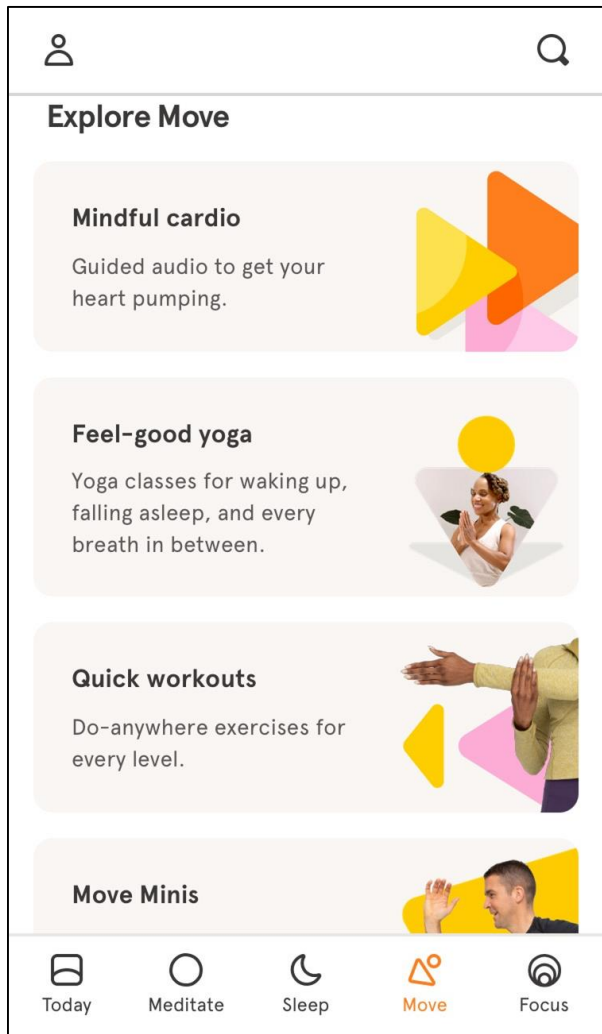
Step 2: Select activity



Step 3: Practice!



Step 4: Set the mood for sleep



Headspace: Move



A compilation of follow along workout videos!

Note:

1. Talk to your doctor for exercise clearance first if appropriate.
2. Start gradually
3. Listen to your body and do what is in your comfort zone!
4. If possible, have an exercise buddy spot your form to make sure you are doing the exercise correctly.

Headspace: Focus



Profile icon Search icon

Explore Focus

Focus music
Ambient music and lo-fi beats to help you focus.

Focus exercises
Guided exercises to help for any moment.

Mindful Earth
Immersive experiences created with BBC Earth.

Energy Shots
Kevin Hart is now your

Today Meditate Sleep Move Focus

Focus exercises

Focus
🔒 Meditation · 1-3 min
Bring out the innate focus within you.

Reset
🔒 Meditation · 3-10 min
Find some focus and relaxation during a busy day.

Unwind
🔒 Meditation · 1-3 min
Lead your mind to a natural place of rest.

Sports | Concentration
🔒 Meditation · 10 min
Find your focus by letting go of both past and future.

Mindful Tech
🔒 Meditation · 3-10 min
Develop a healthier

Creative Writing
🔒 Meditation · 3-10 min
Get in touch with your

Mindful Earth

Sleepy Forest
🔒 Video · 10 min
Enjoy the peaceful stillness of the forest at rest.

Restful Rivers, Sea, and Sky
🔒 Video · 10 min
Transport yourself to a tranquil river environment.

Serene Ocean
🔒 Video · 10 min
Unwind with the peaceful sights and sounds of the ocean.

Energizing Water
🔒 Video · 10 min
Take a revitalizing dip with elephants and manatees.

Soundscapes

Mountain Forest
🔒 Soundscape · 45 min
Wind in the trees.

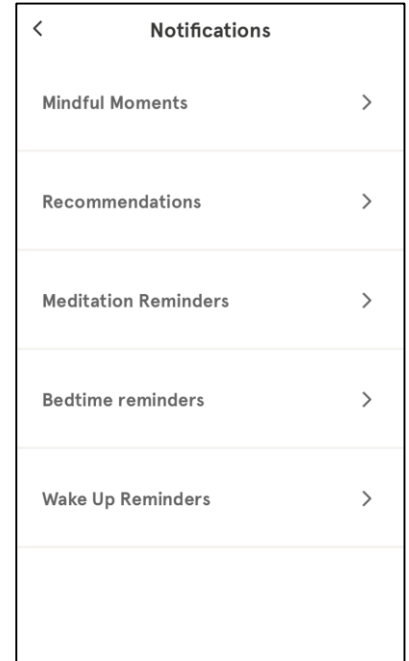
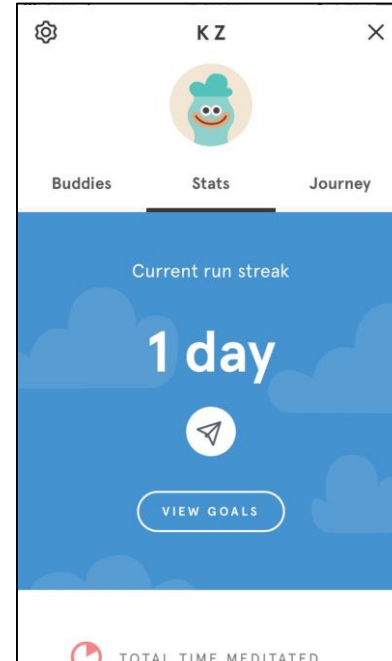
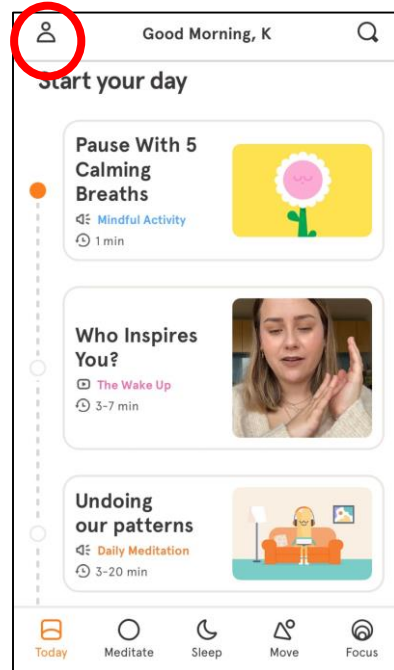
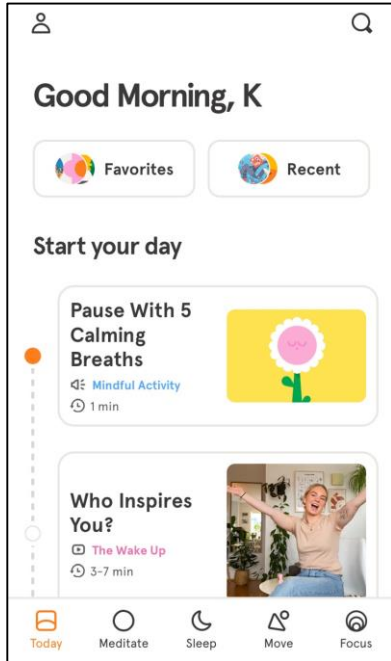
Frog Chorus
🔒 Soundscape · 45 min
After the rain, the frogs come out at night.

Fireside

Woodland Campfire
🔒 Soundscape · 45-500...
Sounds of a warm and cozy atmosphere. Recorded in full 3D sound.

Lakeside Campfire
🔒 Soundscape · 45 min
A crackling fire on the shore of a lake.

Headspace: Today



Complete the daily recommended activity, video and meditation or selected one of your favourites

Review streak, time meditated, sessions complete, and average duration of meditation

Headspace Summary



Ratings: 4.8/5 on the App Store

Available on Apple Store and Google Play

Free and Premium Version (\$17.99/month or \$89.99/year (7.99/month))

Pros:

- 7 or 14 day free trial of premium to decide if you want to invest in the full version
- Includes guided meditation, resources for improving your sleep and others
- Available at home or offline on the go
- Explains concepts simply and allows you to gradually increase session length making this app a great option for beginners

Cons:

- Free version has much fewer resources than the premium version
- Some may find it over simplified

Maximising Free Content:

- Headspace posts additional free content on their YouTube channel
- You can keep replaying the free sessions
- The daily “Wake Up” is free for all users

The Calm App



Another well loved app!

- Very similar larger features to Headspace
- Different layout

Includes functions for daily emotional check in and gratitude journaling

Price: 12.99/month or 69.99/year currently in USD

Offers a 7 day free trial

Insight Timer

Recommended for:

- Helping to calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness

Features:

- 120 000+ free meditations
- Live yoga classes
- Community hub for like-minded people
- Paid feature: Courses and mentors
- Variety of instructors and meditation styles



<https://insighttimer.com/en-ca>

Insight Timer: Getting Started

What brought you here today Linda?

Select at least 2 to continue

Sleep & Wellbeing

Sleep Morning Energy Wellbeing

Happiness & Joy Performance

Self-confidence Healthy Ageing

Motivation Self-love

Mental Health & Life Challenges

Anxiety Sadness Stress Fear

Social Connection Addiction Recovery

Meditation & Special Interest

Meditation Spirituality For My Kids

The Timer Letting Go Hinduism

Step 1: Open app and choose what you would like to focus on

We're an open community but your privacy matters.

Public Profile ✓

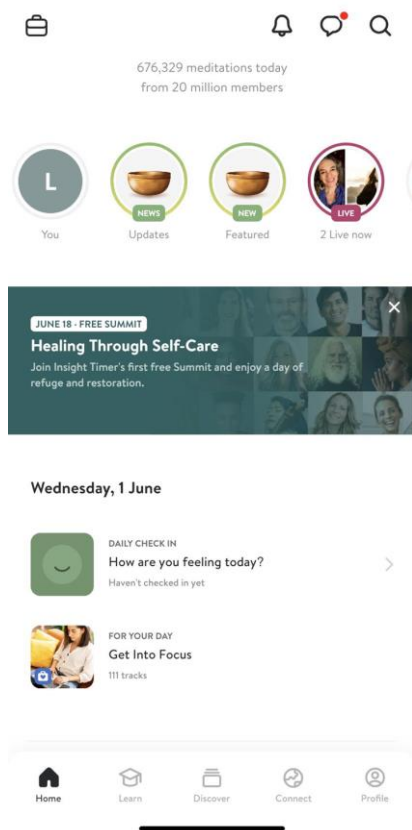
If enabled, anyone can see my milestones, activities and friends.

Private Profile

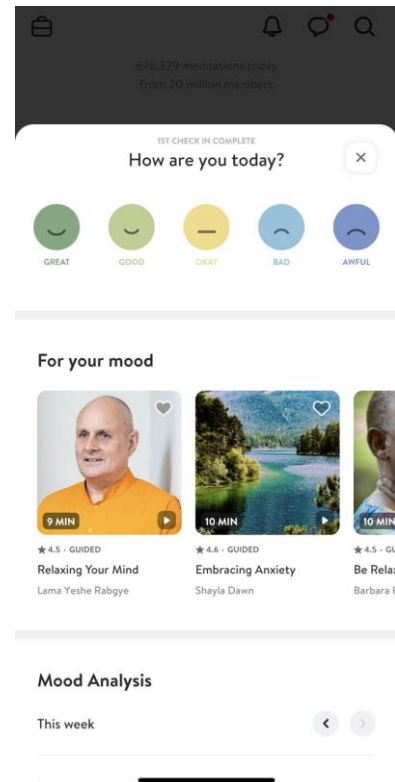
If enabled, only friends on the app can see my milestones, activities and friends.

Step 2: Continue filling out questions

Insight Timer: Home

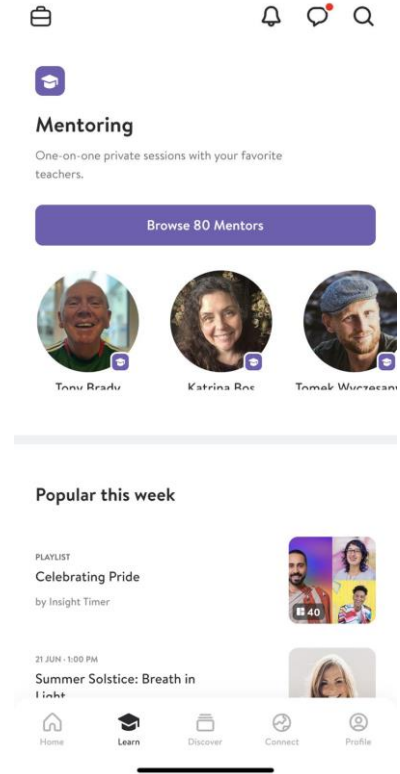
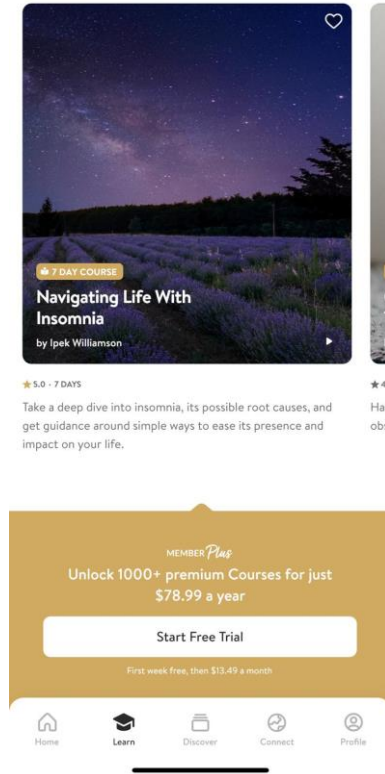
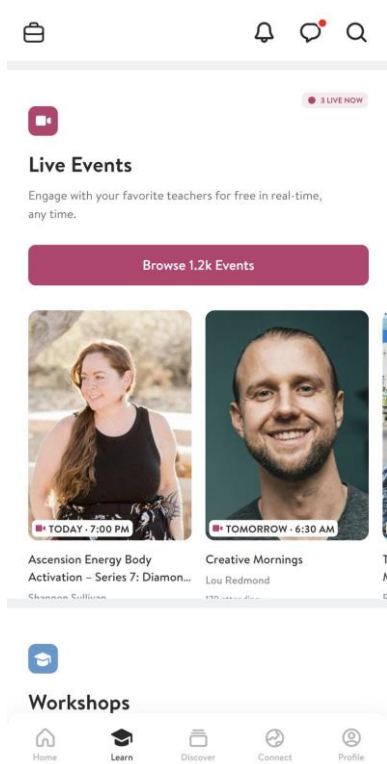


Consider joining live classes



Check in on how you're feeling today

Insight Timer: Learn



Check out Live Events, Workshops, Courses, and Mentoring



Insight Timer: Discover

FREE MEDITATIONS

142,421

The largest free library of guided meditations on earth



Timer



Sleep



Music



Parents



Beginners



Yoga



Anxiety



Healing



See all

Featured



Home



Learn



Discover



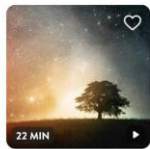
Connect



Profile

Popular this week

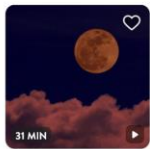
See all



★ 4.7 · GUIDED

Yoga Nidra For Sleep

Jennifer Piercy



★ 4.8 · GUIDED

Deep Sleep Meditation

Andrew Johnson



★ 4.9 · GUI

Surrender

Sarah Bloi

Browse by time

Tell us how much time you have and we'll recommend you content



5 min

10 min

15 min

20 min

30 min

New & Trending

See all



Home



Learn



Discover



Connect



Profile



MEDITATORS

20,944,580



⌵ TAKE CARE HERE NOW >>

Browse

My Groups

My Feed

Popular Groups

See all



PUBLIC GROUP
Summit: Healing Through Self-Care
34 members



PUBLIC GROUP
Daily Gratitude
76.9k members



PUBLIC GROUP



Home



Learn



Discover



Connect



Profile

Choose meditations by time, and join community hubs for further support!

Insight Timer Summary



Ratings: 4.8/5 on the App Store

Available on Apple Store and Google Play

Free and Premium Version (\$9.99 USD/Month or \$59.99 USD/Year)

Pros:

- 120 000+ meditations available for free
- Includes free live yoga classes and a community hub for you to connect with like-minded people
- Can help deepen meditation practice through further courses, workshops, or mentoring at an additional cost

Cons:

- The massive library can feel overwhelming for some people who are new
- Some may find it over simplified

Other meditation/mindfulness apps



Oak



Petit BamBou



Science Behind Self- Reflection and Positive Psychology

Positive Psychology: the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups and institutions. (Gable and Haidt, 2005)

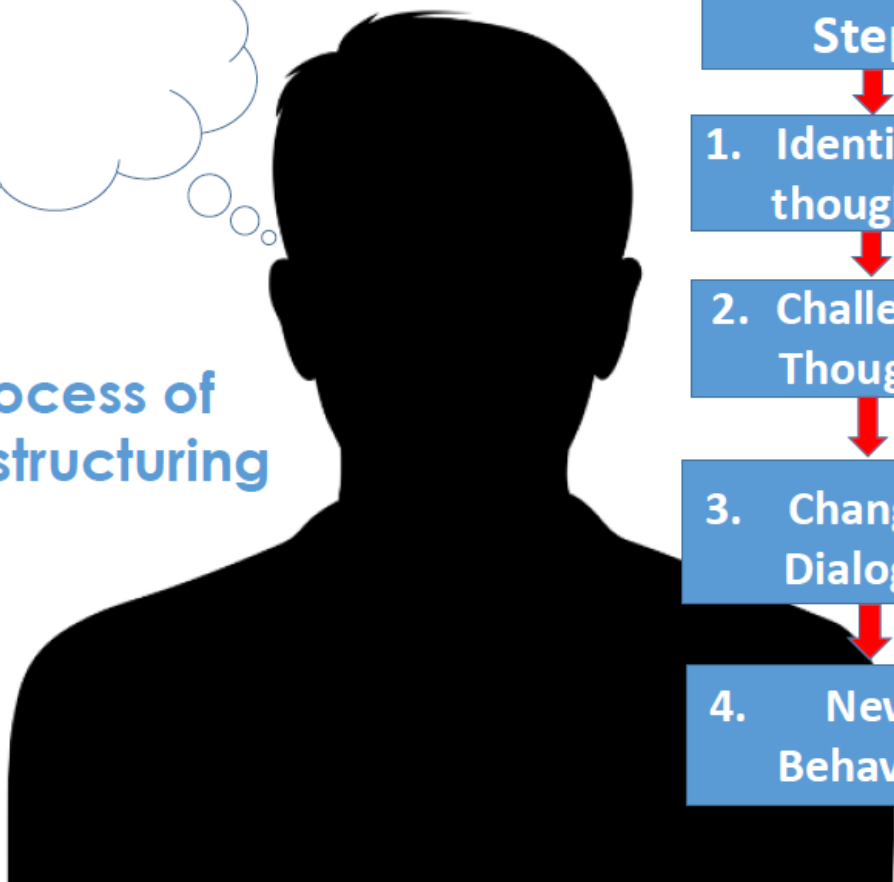
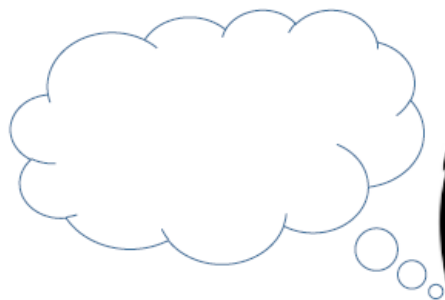
Positive psychology interventions treatment methods or intentional activities aimed at cultivating positive feelings, positive behaviors, or positive cognitions (Seligman)

Focus: not only with repairing the worst things in life but to also building the best qualities in life.

Benefits: enhance well-being, improve depressive symptoms

Examples of PPIs include: writing gratitude letters, practicing optimistic thinking, replaying positive experiences, positive future thinking, group or individual positive psychotherapy and socializing

The 4-Step Process of Cognitive Restructuring



Steps

1. Identify thoughts

2. Challenge Thoughts

3. Change Dialogue

4. New Behaviour

Further Resources:

Crisis Lines as Mental Health Resources

- Fraser Health Crisis Line: **604-951-8855**
- Vancouver Crisis Line: **604-872-3311**
- 310 Mental Health: **310-6789**
- Seniors' Distress Line: **604-872-1234**
- 1800 SUICIDE: **1-800-784-2433**
- Crisis Text Line **Text HOME to 741741**

Further Resources:

Websites:

- **HealthLink BC** (or call 811)
- **BC211**
- **Canadian Mental Health Association**
- **Fraser Health**

Further Resources:

Modules at OMDI

Module	Description
Living Life to the Full (LLTTF) 8-weeks <i>\$30 fee for booklets</i>	For those struggling with symptoms of depression or anxiety. This program is done in cooperation with the Canadian Mental Health Association. Based on the principles of Cognitive Behavioral Therapy, LLTTF focuses on using food as comfort despair, loneliness, boredom, low self esteem or stress.
Mindfulness 8-weeks	This is an optional 8-week course delivered by our mental health coach, Katja Demmer. In this course, we will discuss concepts of mindfulness such as: Attention and the Now, Automaticity, Judgment, Acceptance, Goals, Compassion, The Ego,

Further Resources:

Modules at OMDI

Module	Description
Building a Healthy Outlook (4 weeks)	Addresses internal barriers that make weight management difficult. Includes topics such as body image, weight bias, cognitive restructuring, self-compassion, and head hunger
Busting Barriers	Focuses on common barriers to weight management and increase self-awareness on these issues. Learn strategies to manage obstacles moving forward
Building Resilience	Learn to implement goal setting strategies to help with weight loss plateaus, preventing weight regain, and transitioning to weight maintenance

Further Resources:

Books:

- **Self-Compassion** by Kristin Neff
- **Anxiety Gone: The Three C's of Anxiety Recovery** by Dr. Stanley Hibbs
- **Mayo Clinic Guide to Stress-Free Living** by Dr. Amit Sood

Questions?
Thank you!

Please feel free to
comment if you have further
questions about the apps

Dr. Shoshtari is also
available for questions

Mindfulness



Feel what it's like to
breathe



LOOK around



LISTEN




FEEL your body



Reset

This resource is for people who want peace. It was created by Oli Doyle and is licensed under Creative Commons, so please share it, print it, photocopy it and stick it on as many walls as possible. World peace is possible.

The background is a solid teal color. In the upper right corner, there are several decorative elements: a small teal circle, a larger teal circle with a smaller teal circle inside it, and another small teal circle below the larger one. All these circles have a white triangular shape cut out of them, resembling a stylized 'D' or a compass needle.

**“Smile, breathe,
and go slowly.”**

-Thich Nhat Hanh