

Family Education Sheet

Phone/Tablet Apps to Manage Pain and Stress



Boston Children's Hospital

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This sheet describes Apps you can download from the Apple App Store or Google Play. Many children we see find these to be helpful in managing both day-to-day stress and chronic pain.

Deep breathing

Breathe2Relax (all ages) Free

- This App uses instruction and practice exercises to teach people how to belly breathe. This App is especially helpful for pacing breathing.



Breathing Zone (all ages) \$3.99

- This simple, easy-to-use App detects your breathing rates and uses a graphic on screen to help slow the pace of your breathing.



iBreathe (all ages) Free/subscription

- iBreathe is a simple, customizable App designed to guide deep breathing. It includes optional reminders to practice at specific times of the day.



3 Minute Mindfulness (all ages) Free/subscription

- This App has customizable, guided paced and box breathing exercises with soothing visuals.
- Also good for meditation/relaxation and sleep.



Biofeedback

Belly Bio (best for adolescents) Free

- Place your phone on your stomach, breathe deeply and get instant feedback on the pace and evenness of your breathing.



VaYou Biofeedback (all ages) \$6.99

- This App uses breath and pulse detection to help support and guide your relaxation practice. It's also good for stress/anxiety management and sleep.



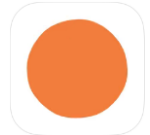
Calm App (all ages) Free/subscription

- This App is a great introduction to meditation and includes programs for intermediate and advanced users. Options for sleep stories, guided breathing and more.



Headspace (all ages) Free/subscription

- Relax with guided meditations, mindfulness techniques and sleep sounds for various ages.



Buddhify (all ages) \$2.99

- This App provides a range of guided meditations categorized by what you're doing and how you're feeling. You'll find meditations you can do while walking, getting ready for bed, waking up, taking work breaks and more. Sessions last from 4-30 minutes.



Insight Timer (all ages) Free/subscription

- This App includes guided meditations to help calm the mind, relax the body, reduce anxiety and help with sleep.



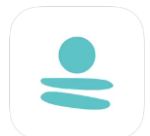
Smiling Mind (all ages) Free

- This App has a wide range of mindfulness exercises categorized by age and situation. It includes meditations that are focused on school, sleep, sports and families.



Simple Habit (all ages) Free/subscription

- 5-minute meditations geared toward people with busy lifestyles, aimed to reduce stress and improve focus.



Virtual Hope Box (all ages) Free

- Contains simple, personalized strategies to help with coping, relaxation, active distraction and positive thinking. Can be used alone or is a great tool to use with a therapist. It's also good for deep breathing.

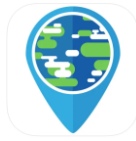


Pain-specific Apps

Meditation & relaxation

WebMap Mobile (Best for Adolescents) Free

- This program is designed to help teenagers with chronic pain cope and increase their ability to do the things that are important to them. It includes behavioral and cognitive strategies for managing pain and was designed and tested by pediatric pain psychologists.

**Healing Buddies (Best for Children) \$1.99**

- Provides an interactive, virtual way for kids and teens to engage with the latest in integrative medicine techniques. Combines CBT strategies with guided audio exercises to target pain, insomnia, nausea, anxiety and fatigue.

**Guided Imagery for Pain Relief (all ages) Free**

- This 9-minute exercise is designed to guide the body to a more relaxed and comfortable state. Listen and download for free at TheComfortAbility.com (Guided Exercises □ Relaxation).

**CBT Thought Diary (Best for Adolescents) Free/subscription**

- This App uses tools CBT, Acceptance and Commitment Therapy (ACT) and Dialectical Behavioral Therapy (DBT) to help users improve their mood. It's designed to help people identify their emotions, challenge unhelpful thoughts and practice mindfulness.

**Sleep****Moshi Kids (best for children) Free/subscription**

- Each story follows a natural pattern of sleep, slowing in rhythm as it progresses and introducing dreamy melodies, comforting bedtime themes and soothing soundscapes to help drift into sleep.

**iSleep Easy (Best for Adolescents) \$3.99**

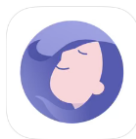
- This App has 9 guided meditations that focus on autogenic relaxation and belly breathing to help people get to sleep. Meditations are 2-15 minutes long. You can create custom sounds and meditation playlists.

**Better Sleep (all ages) Free/subscription**

- This App has sleepscapes, relaxation techniques, calming soundscapes and sleep stories. It includes a sleep tracker and customized playlists.

**Headache-specific Apps****Migraine Buddy App (all ages) Free**

- This help identify possible triggers, lifestyle factors, sleep cycles and even weather patterns that could contribute to migraines. It's easy to use for both parents and children.

**Anxiety & stress management****At Ease (Best for Adolescents) \$2.99**

- Three guided breathing meditations are designed to reduce anxiety and range from 9-12 minutes long. It also has a journaling feature.

**CBT-i Coach (all ages) Free**

- This App isn't meant to replace therapy, but it can be helpful for children with stress and sleep problems. It's also good for progressive muscle relaxation, breathing, guided imagery and sleep.

**General Wellness****Finch (all ages) Free/subscription**

- Finch is a self-care pet App that helps people feel prepared and positive, 1 day at a time. Take care of your pet by taking care of yourself and building new healthy habits.

**Plant Nanny (all ages) Free/subscription**

- Easily track and increase your water intake. Keep hydrated while growing your collection of cute plants. It offers customized reminders to stay hydrated.

