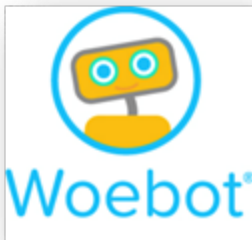




WINSTON-SALEM
STATE UNIVERSITY

Counseling Center



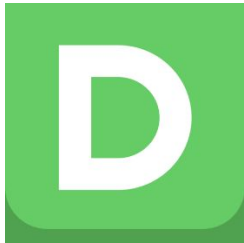
Woebot offers free innovative conversations our students can readily access. This private but effective cell phone application is designed to extend a variety of coping strategies. Woebot was founded by Dr. Alison Darcey in 2017 for young adults in college and graduate school. It is designed to use natural language processing, and therapeutic expertise. It is not to replace counseling but to coach students to a better space which will fit their schedule.



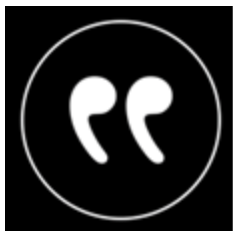
Calm is the #1 app for sleep, meditation and relaxation. This app walks students through the art of meditation, exercises on sleep hygiene, mindful movements and stretching exercises to soothing music. Calm has teamed up with LeBron James to raise awareness about the importance of mental fitness. LeBron credits meditation, sleep, and a healthy mindset as the keys to his extraordinary achievements and personal happiness.



Our Rams can access the **Breathe** app to realign themselves back into a calm state with deep, rhythmic breathing. These exercises signal the brain to relax, and restores a calmer, more-Zen state. An animating flower gently grows and shrinks over the course of several seconds. The app instructs you to take a deep breath and hold it when the flow increases, then exhale when the flower shrinks. This app covers a number of breathing exercises for students to utilize in their daily lives.



The **D Test** application administers the PHQ-9 test to assess if students are experiencing depression and anxiety. Rams are able to monitor their mental health with this app and to take action on healing and better mental health. The D test uses proven methodology, monitoring and tracking of symptoms, results and reminders of progress. It is short and to the point, it is not obtrusive and yields results for our students' lifestyle. This app also offers links to online resources to support in their journey to healthier Rams.



Motivation daily quotes - Our rams will be provided motivation daily quotes and assist them with a goal to make the first steps toward a more driven, focused, inspired life. The app features thousands of handpicked motivational videos from mentors around the world. Students can use the customizable notifications to build their daily habit and start discovering what works for you.



Happify: For Stress & Worry. Happify is an app that Rams can use to help improve their overall well-being and happiness, with influences from positive psychology, cognitive behavioral therapy and mindfulness. ... Each activity intends to strengthen one of the five happiness skills: savor, thankful, aspire, give, or empathize. This app would be beneficial to our Ram family and help provide them with an external service.



Breathing Zone- This app will provide our rams with help on focusing on their breathing. This can assist to decrease anxiety for students who may be challenged in this area. Breathing Zone is an app that guides breathing exercise that'll help students go from anxious to relaxed in just a few breaths. Also, the app can cater to the number of breaths you want to take per minute (such as eight or 10). Not only will the app help elevate their mood, but it'll retrain your brain!

Retrieved from [healthline.com](https://www.healthline.com)



Way of Life — Habit Tracker

If you have under a minute a day to spare, **Way of Life-Habit Tracker** can help you track, identify, and change the habits that are holding you back. With no restriction on what the app can monitor, it's entirely personalized to you and your life. The app includes powerful reminders you can set up if you need a little prompting, plus insightful data that will help you make changes for the better.



Motivate: Daily Motivation

Motivate's goal is to help you make the first steps toward a more driven, focused, inspired life. The app features thousands of handpicked motivational videos from mentors around the world. Use the customizable notifications to build your daily habit and start discovering what works for you.



Fabulous: Self Care

The **Fabulous** app is more than a habit tracker. This well-rounded, science-based app will motivate you across the board by helping you build life-changing habits. Features include an expansive library to help you improve productivity and focus, integrated health sessions for meditation and relaxation, and more.



ThinkUp: Positive Affirmations

The **ThinkUp: Positive Affirmations** app helps you to find the motivation and positive mindset you need to succeed with daily encouragement. This app is designed to inspire you with positive affirmations and self-talk — a proven technique to make your mind work for you. Choose the ones that resonate for your goals and learn how to reduce negative self-talk now.



Strides: Habit Tracker

Strides, user-friendly and beautifully designed app, is designed as a smart goal tracker that will help you monitor anything. Keep your goals, habits, and routines together, all in one simple to-do list. Features include a powerful dashboard, reminders, charts, customizable target dates, and so much more.



Calm Anxiety & Stress

The **Calm Anxiety & Stress** app will help you learn a new self-care strategy every day, get support from a diverse community, and explore an audio library of over 500+ original meditations, bedtime stories, and ambient music to help you shift your mindset or mood.

