

Using Apps

The best way to manage anxiety is to create a toolkit of resources to help you retrain your brain to believe it CAN cope with perceived stress.

Many people choose to use apps to help them track their Anxiety. There are lots of new apps for doing this. My personal favourite is Sam App, because it doesn't have adverts and it is free.

Sam App is an anxiety tracking app developed in collaboration with a research team from the University of the West of England (UWE), Bristol.

This is what the logo looks like in the app store



This is what the app looks like when it's opened



More information about it can be found at sam-app.org.uk

SAM is an app to help you understand and manage everyday anxiety, but it is not a substitute for professional advice and support, so if your worries become overwhelming, remember to talk to someone about how you are feeling and seek advice from your GP.