

CS: Self-Directed Supports -Stress Management & Resilience

Version 1

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Stress Management & Resilience

- [Headspace](#): Learn the life-changing skills of meditation and mindfulness in just a few minutes a day.
- [Smiling Mind App](#): Guided meditations and mindfulness exercises for sleep, stress management, etc.
- [Simple Habit](#): Meditate for just 5 minutes/day to reduce stress, sleep better, relax faster, breathe easier, improve focus and be happier.
- [Habitica](#): Habit-building and productivity app that uses role-playing game elements to gamify your tasks and goals.
- [Gratitude \(Android only\)](#): Cope with anxiety & depression, improve mental health and bring a self-change
- [Anger management: 10 tips to tame your temper – Mayo Clinic](#)
- [Controlling Anger Before it Controls You – APA](#)
- [Being assertive: Reduce stress, communicate better – Mayo Clinic](#)
- [Mindfulness – CMHA National](#)