

Helping Tools

to add to your coping skills toolbox
for growing and maintaining
Good Mental & Emotional Fitness

Apps and activities to add to your tool-box:

Mindfulness Apps:

- [Smiling Mind](#)
- [Headspace](#)
- [Abide](#)
- [Calm](#)

Emotion and Mood Trackers:

- Paper and pencil journaling
- [Moodlytics](#)
- [Daylio](#)
- [Moodtrack](#)

Thought trackers:

- Paper and pencil journaling
- [Thought Diary](#)
- [Reflectly](#)

** If when using these tools you find it difficult to work from the unhelpful to the helpful than a therapist may be a helpful tool for you. Find a therapist in the Jackson County area [here](#).

Educational & Encouraging Social Media Accounts to Follow:

Psychological Health Services, LLC @phsholton on [Instagram](#), [Facebook](#), [Twitter](#), and ,
[Pinterest](#)

National Alliance on Mental Illness (NAMI) www.instagram.com/namicommunicate