

USE TECHNOLOGY TO BOOST YOUR MENTAL HEALTH

SOCIAL MEDIA

- Reconsider how you use social media. Social comparison will always make you feel badly.
- Unfollow accounts that stress you, bait your anger, or make you very sad.
- Take a deep breath before your tweet. Consider your influence on others.
- Did you know you can follow a # on Instagram? Try #dogsofinstagram #inspirationalquotes or a hobby you enjoy. Fill your feed with happy.
- Use social media to connect with loved ones. Facetime a virtual dinner with family, start a funny meme group chat, or send a friend an encouraging post.

APPS



YouTube (FREE with ads; check out ASMR, guided meditation, binaural beats, or just videos that make you happy (try donkey in a hammock to start))



Spotify (FREE with ads; music, podcasts, relaxation scripts, binaural beats. Search #triareacares for our suicide prevention events playlist)



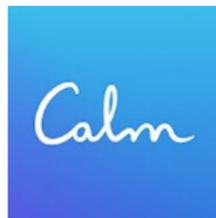
Journey (FREE with in application purchases; digital journaling app that allows use of images, videos)



Pandora (FREE with ads; music, some podcasts, relaxation scripts.)



Headspace (FREE TRIAL: Meditation skills in a few minutes a day. \$12.99 per month for full access)



Calm (FREE access to sources of white noise and various mindful meditation exercises, \$12.99 month for full access.)



Clear Fear (FREE; anxiety coping skills)



Mindshift (FREE; Cognitive Behavioral Therapy strategies)



SuperBetter (FREE; offers resources to build resilience, achieve goals and tackle challenges)



What's Up (FREE; coping strategies to manage anger, anxiety, depression, stress, low self-esteem)

BOOKS

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PODCASTS

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