

Victoria University Counselling Services:

Software Applications - Wellbeing

This list is current as of 10 Dec 2012 and is provided for an informational purpose. The use of any of these listed Apps is solely an individual's responsibility after consideration of their own personal circumstances and in consultation with a mental health professional. Victoria University does not take any responsibility for any content, consequences nor actions taken as a result of the use of these externally provided resources. Some Apps may also change in their availability, functionality or content over time.

Wellbeing > Relaxing & being less stressed

SATiFY Mindfulness Meditation: mindfulness meditation training to feel more tranquil and manage stress.

Breathing For Life: alternative breathing technique to clear and relax your mind for better focus and concentration.

Brainwave tuner lite: altering your brainwaves by sounds to improve sleep, meditation and focus

Being Life Simply: practise deep breathing, progressive muscle relaxation, inspiration imagery and relaxation skills.

Universal breathing: Trains you to breathe more effectively to assist in clearing and relaxing your mind for better focus and concentration

Relax Lite: Guided progressive muscular relaxation audio track.

Relax & Rest Guided Meditations: Three different lengths of guided meditation with the option of accompanying music or not.

Mindful meditation: Includes 5, 10, 15, 20, 30 and 40 minute guided meditations. [Paid]

eCBT Calm: assess your stress level, provides relaxation skills and provide more related information. [Paid]

Wellbeing > Sleep

Gentle Alarm: tracks your sleep, and allows you to set up a number of different alarms to ensure you wake up more refreshed, or alert enough before it turns off.

Sleep Cycle: Tracks your sleeping patterns with an alarm that wakes you at a point during your own sleep cycle where you will feel most refreshed [paid]

Sleep 101: Similar to Sleep Cycle, but includes a 7 day challenge program as well as links to a website with more sleeping tips

Wellbeing > General

Brainy App: Australian app to track your brain health, including brain games with daily facts sent to you if you wish.

Cognifit Brain Fitness: Brain games.

Lifeline Service Finder: useful services contact details.

Wellbeing > Self-Care

Awesome ideas free: Different ideas for fun.

<30 Days: Adopt a healthier lifestyle for 30 days.