

Health and Wellness Resources

(all underlined blue text links to a webpage or resource)

ANXIETY AND STRESS APPS

[Breathe2Relax](#): A portable stress management tool that provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.

[Bubbles](#): Draw, move, and pop virtual bubbles in this fun and relaxing game geared to kids.

[Calm](#): Includes various sections including stress reduction, meditation, mood boosting, sleep, and ASMR. Upgrade for additional features.

[Harmony—Hypnosis Meditation](#): Contains three free hypnosis meditations. Listen to one of the sessions every day for five days and notice the difference in how good you feel. Meant to reduce stress and tension and increase relaxation and ability to sleep.

[HeadSpace](#): Learn to meditate in just 10 minutes a day with the Headspace app. Daily meditation has been shown to help people stress less, exercise more, and even sleep better.

[iRelax Soundscapes](#): Helps eliminate stress by providing continuous soundscapes without melody or lyrics help promote a feeling of relaxation.

[My Koi](#): A beautiful and relaxing koi pond app that you can customize. Escape and relax by naming, feeding, and enjoying your virtual fish.

[Meditations](#): Three meditations of varying lengths, with or without music or nature sounds, allow you to relax deeply regardless of how much time you have available.

[Tactical Breather](#): Gain control over physiological and psychological responses to stress through breathing exercises.

[White Noise Lite](#): Features ambient sounds of the environment that will help you relax during the day and sleep great at night.

[Zen Garden 3D Lite](#): Make your own virtual Japanese garden, with relaxing music! Use the rake or stick to make patterns and the leveller to erase. Choose sand color and decorate your garden.

BEHAVIOR CHANGE AND HABITS APPS

[Habitica](#): A video game to help you improve real-life habits. It "gamifies" your life by turning your tasks (e.g., habits, daily tasks, and to-dos) into little monsters you have to conquer.

[iQuit](#): A rewards-based app that builds motivation for quitting a habit by showing you the money you've saved and setting goals for other ways to spend the money.

Momentum: Every day that you complete a habit, your chain grows longer. As your chain grows longer, you become less likely to quit. App helps track the "chain" and gives reminders.

Way of Life: Change behaviors and create new habits through this app that tracks progress, gives reminders, and helps you see triggers and patterns.

NeuraBoot: Track moods and emotions to see patterns and boost stress and mood management. Offers stress management and anxiety relief tips, with action steps.

iQuitSmoking: A rewards-based app that gives you time, money, and health updates, encouraging you to continue with quitting smoking.

Quit Vaping: A buddy system helps you team up with someone so you can quit together, thanks to streak timers and trackers that keep count of the vape-free days.

QuitNow!: Includes community support, a clock reminding you of your progress, and a summary of your health improvements.

PTSD Coach: Provides you with education about PTSD, information about professional care, a self-assessment, opportunities to find support, and tools that can help you manage PTSD symptoms.

PTSD Family Coach: Provides support for concerned family members of those with PTSD.

Brainbuddy: Rewires your brain through exercises and challenges, freeing you from sexual addiction and helping you become stronger, healthier, and happier. Includes a built-in Internet filter to help minimize temptation, and a progress tracker.

Porn Addiction Calendar: Addresses the need to stop watching porn and helps you become accountable for making the changes happen! Includes motivational quotes, progress tracker, rewards, and other features.

DOMESTIC VIOLENCE/SEXUAL ASSAULT VICTIM OFF-CAMPUS COMMUNITY RESOURCES

Sexual Assault Victim Services/Rape Crisis, Orange County: 24-Hour Hotline: 714-957-2737 or 949-831-9110.

Casa di la Familia: 714-667-5220

Mariposa Women & Family Center: 714-547-6494

Victim Referral Services (Orange County Sheriff's Department)

GRIEF SUPPORT RESOURCES

What I Learned From Loss Video: How to help a grieving friend.

What's Your Grief Website: Information about all types of grief with blogs, creative exercises, additional links, ecourses, webinars, etc.

HOUSING AND FOOD RESOURCES

[Food Pantry Locations](#)

[Housing, Food, and Basic Resources by County for the State of California](#)

MENTAL HEALTH RESOURCES

[Coastline Mental Health](#) supports students on their journey to enhance their overall well-being through mental health services. Mental health services are provided in the office or online (virtually). Schedule an appointment with Mental Health Therapist, 714-241-6005.

[ReachOut.com](#): A non-profit organization that delivers peer support and mental health information in a safe and supportive online space.

[Meditation For Anxiety Guided Relaxation](#): This guided relaxation is a combination of deep breathing exercises and progressive muscle awareness. It is useful for reaching a calmer state of being, enhancing your yoga practice, or falling asleep.

[Anxiety Workbook](#): Provides a list of tools and resources to assist with anxiousness during COVID-19.

NATIONAL HOTLINES

[LGBTQ](#)

[LGBT National Hotline](#): 888-843-4564

[The Trevor Project](#): 866-488-7386

[Dating, Domestic, and Intimate Partner Violence](#)

[National Domestic Violence Hotline](#): 800-799-SAFE (7233)

[Human Options](#): 877-854-3594

[Rape, Sexual Assault, Incest, and Abuse](#)

[National Sexual Assault Hotline](#): 800-656-HOPE (4673)

[Suicide](#)

[National Suicide Prevention Lifeline](#): 800-273-8255

COVID 19- RESOURCES

Greater Good Guide to Well-Being during COVID-19

If you are looking for health and wellness resources that you did not find here please contact our office at 714-241-6004.