

Helpful Apps & Digital Resources

A few practical and supportive tools that many clients have found helpful.

Mindfulness, Meditation, and Nervous System Regulation

Insight Timer

A large library of guided meditations, calming music, sleep support, breathwork, and mindfulness practices for many different experience levels.

Calm

Guided meditations, sleep stories, relaxation exercises, and stress reduction tools.

Headspace

Structured and approachable mindfulness and meditation exercises for beginners and experienced users alike.

Anxiety, OCD, and Mental Health Skills

NOCD

OCD-focused tools, education, ERP support, and community resources.

CBT Thought Diary

Helps users identify thought patterns, emotional reactions, and alternative responses using CBT principles.

MindShift CBT

Practical CBT-based tools for anxiety, worry, panic, perfectionism, and coping skills.

Emotional Awareness and Self-Reflection

Day One

A clean and flexible journaling app for reflection, gratitude, emotional processing, and tracking patterns over time.

How We Feel

Helps build emotional awareness and emotional vocabulary through simple mood check-ins and reflection tools.

Sleep, Habits, and Overall Wellbeing

Rise Sleep

Focuses on sleep debt, circadian rhythm, and improving energy and recovery.

Streaks

A simple habit-tracking tool that can support consistency, structure, and behavior change.

Cheryl F. Smith, PhD
Licensed Clinical Psychologist