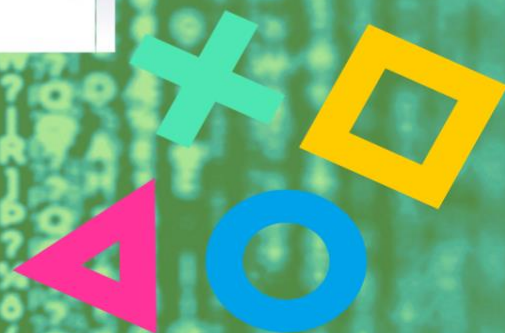
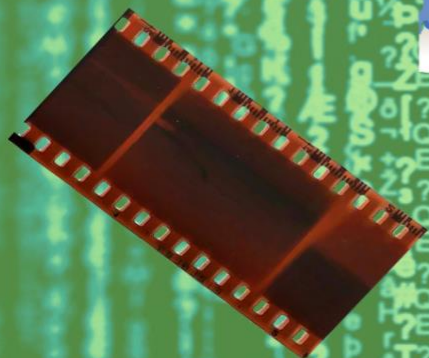


EMMA WILLS



LEVEL UP YOUR EMOTIONS

THE TEEN'S GO-TO APP GUIDE FOR MIND MASTERY!



Level Up Your Emotions: The Teen's Go-To App Guide for Mind Mastery!

Emma Wills

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Introduction

As the digital landscape evolves, so does the way we address our emotional and mental health. While penning down the intricacies of Dialectical Behavioral Therapy for teens, a realization dawned upon me: our young generation is incredibly tech-savvy, and they need tools that resonate with their pace and their lifestyle.

Growing up in today's interconnected world offers both unmatched opportunities and unique challenges. The constant influx of information, social dynamics, and the pressures of the online world can sometimes make it difficult to navigate emotions and situations. Therefore, marrying traditional therapeutic approaches with the immediacy and relevance of digital tools isn't just a luxury; it's a necessity.

With this bonus guide, I aim to offer you a seamless integration of time-tested therapeutic methods and the best of today's digital wellness resources. This guide serves as an on-the-go companion, designed to provide swift support, resources, and comfort. Think of it as a bridge - connecting the profound insights and tools from our workbook to the real, pulsating, digital world you engage with every day. By merging the power of DBT with the convenience of these handpicked apps and digital resources, my hope is that you find an empowering synergy; a synergy that lets you master your emotions, understand yourself better, and confidently sail through the choppy waters of adolescence.

1.Calm

Ever feel like the world's just too loud sometimes? Between school drama, endless notifications, and the pressures of, well, just being a teen, we all need a place to escape, chill, and just breathe. That's where Calm steps in.

Guided Meditations

So, meditation might sound a bit "out there," but trust me, it's a game-changer. Whether you're trying to shake off some bad vibes from a hectic day or just need to refocus before that big test, Calm's got your back. Their guided sessions are super relatable and designed just for people like us. And if you're new to the whole meditation thing? No worries, they guide you step-by-step.

Sleep Stories

Ever laid in bed with a gazillion thoughts racing through your mind? Calm's sleep stories are like a lullaby for your brain. These aren't your kiddo bedtime stories; they're cool narratives (some even narrated by famous voices) that whisk you away from the stress and help you drift off.

All About Vibes

Calm isn't just about shutting your eyes and dreaming away. They've got rad music playlists to study to, relax with, or even soundtrack your next chill hangout. And for those moments when everything just feels *too much*, there's a quick breathing tool to help you get back on track.

In short, Calm is like that cool corner of the room you escape to when you need a moment. It's your digital breather, always ready and waiting in your pocket. So, next time the world feels like it's on max volume, just plug in and chill out.

2. Headspace

Okay, real talk: Remember that feeling when you try on an outfit, and it fits *just right*? That's what Headspace is like, but for your brain. It's like having a personal trainer, but instead of squats and lunges, you're working out those inner thoughts.

Meditations for Your Mood

Ever felt so overwhelmed that you just can't even? Or maybe just woke up on the wrong side of the bed? Headspace offers tailored meditations based on how you're feeling. Stressing over an exam? There's a session for that. Anxious about posting that new pic on IG? Got you covered. Whatever the vibe, Headspace adjusts.

SOS Moments

You know those emergency break glass moments? Yep, we've all been there. Headspace has these super quick SOS meditations for when everything's going 0 to 100 real quick. Like a breather in a bottle.

Move Mode

If sitting still isn't your thing, no sweat (or maybe a little). Headspace has movement sessions! So you can shake it off, get centered, and get some endorphins flowing, all at the same time.

Sleepcasts

If counting sheep or replaying embarrassing moments isn't getting you to sleep, Headspace has these immersive 'sleepcasts'. Think of them as a mix between a podcast and a dream, guiding you gently into la-la land.

In a nutshell, Headspace is like your mind's favorite playlist, always there with the right track for the right moment. So, whether you're soaring high or hitting a low note, tune in, and get your mind grooving in the right direction.

3. Insight Timer

Let's be honest; sometimes life feels like being stuck on a roller coaster that just won't stop. And during these wild rides, wouldn't it be dope to have a chill space just a tap away? Enter: Insight Timer. Think of it as your on-the-go Zen buffet, serving up everything you need to chill, vibe, or just escape for a while.

Mega Meditation Library

With Insight Timer, you're spoilt for choice! Whether you're feeling the blues, stressing over a TikTok trend, or just need a quick mental break before diving into the next round of Fortnite, there's a track to match. Dive into their vast library and pick whatever feels right.

Music to Your Ears

Beyond just meditations, there's a huge mix of music tracks to groove, chill, or even nap to. So whether you're setting the mood for a study sesh or just want some ambient noise while daydreaming about your next summer trip, there's a tune waiting for you.

Timer Feature

Wanna take control and do your own thing? Set up a custom meditation timer. You can mix in some calming background sounds, like ocean waves or gentle rain, making your timeout as short or as long as you need it to be.

Community Vibe

Feel like connecting? Insight Timer is not just an app; it's a community. Connect with fellow teens across the globe, join discussions, or even start your own meditation group. Share experiences, give and get support, or just lurk around – it's all good!

So, next time you're feeling lost in the sauce, or just want a few moments of peace in the chaos, pop open Insight Timer. It's like having a universe of calm right in your pocket.

4. DBT Diary Card and Skills Coach

You know those epic movie montages where the main character goes from zero to hero with a little help from their trusty sidekick? Think Rocky and his coach or Mulan with Mushu. Now, what if YOU could have a sidekick right in your pocket, cheering you on as you navigate the rollercoaster of emotions that is TEEN LIFE? Enter: DBT Diary Card and Skills Coach.

The Lowdown

This isn't just another app; it's like having a personal coach, therapist, and that super wise friend (you know, the Yoda of your group?) all rolled into one and accessible with just a tap.

What's the 411?

So, you've heard of DBT, right? Dialectical Behavior Therapy? It's all about giving you the skills to balance out those emotional whirlwinds and build legit resilience. This app takes the awesomeness of DBT and makes it, well, fun and user-friendly!

Track It to Hack It

With the DBT Diary Card feature, you can keep track of your emotions, triggers, and coping strategies. Think of it as your personal emotional GPS. Feeling lost? Just check the app!

Skills on the Go

Whether you're dealing with friendship drama, test stress, or just the classic case of "meh," the Skills Coach section is packed with instant tools and techniques to help. It's like learning emotional karate!

Cool Factor

Let's be real. This isn't some dusty, old textbook. It's vibrant, interactive, and speaks YOUR language. Plus, it's all private, so no nosy peeps getting into your biz. In short, life's wild. Sometimes you're riding high, and other times, it's more like "Why is EVERYTHING so hard?" But with the DBT Diary Card and Skills Coach in your pocket, you're never alone. Together, you've got this. Next time you face a plot twist, just tap the app and channel your inner superhero.

5. MindShift CBT

Ever felt like you're in the middle of a video game, dodging those anxiety monsters that just won't quit? Whether it's that little voice telling you you're not good enough, the stress of finals week, or just the overwhelm of figuring out who you are and where you fit, we all face our dragons. Now, what if you had a secret weapon to zap those anxiety monsters away? Meet: MindShift CBT.

The Deets

CBT (Cognitive Behavioral Therapy) is like a cheat code for managing anxiety. It's the science-backed strategy used by psychologists to help switch up negative thought patterns and replace them with boss-level positive vibes.

Why It's Rad

MindShift CBT takes this expert-approved technique and makes it, well, relatable. Forget the jargon. This is about giving you simple, actionable tools to tackle anxiety head-on.

Game On

With MindShift, you can take charge of your anxiety, instead of letting it boss you around. Dive into quizzes that offer insight into your personal anxiety triggers. Play around with on-the-go strategies tailored just for you. Feeling overwhelmed with school? There's a strategy for that. Nervous about that date or party? Yep, got you covered.

Bonus Levels

The app offers cool chill zone features like breathing exercises, mindfulness tracks, and even a 'chill & challenge' toolkit. It's like a self-care hub at your fingertips!

Achievement Unlocked

By using MindShift, you're not just coping – you're leveling up. Every challenge you face, every monster you tackle, makes you stronger, wiser, and more unstoppable. So, next time anxiety tries to steal your spotlight, whip out MindShift CBT. Equip yourself, level up, and show those anxiety monsters who's really in charge. You're not just playing the game; you're winning it.

6.7 Cups

Ever had those nights where your playlist just isn't enough, and all you really need is someone to talk to? We've all been there, scrolling through our chats, searching for the right person to spill our latest drama or deep existential crisis. Enter: 7 Cups.

The Tea

7 Cups is like that 24/7, non-judgmental, always-listening friend you never knew you needed. It's an app where trained listeners are just a click away, ready to chat about anything, big or small. No filters, no pretenses.

Why It's Your New BFF

Let's be real, life gets messy, and sometimes we don't want advice. We don't want a "You'll be fine!" We just want someone to say, "Hey, I'm here, and I'm listening." 7 Cups gets that.

Swipe & Spill

Whether you're stressed about grades, that text you're overthinking, or the chaos of just being a teen in this wild world, there's someone at 7 Cups ready to hear you out. It's like a DM, but with way more empathy and zero gossip.

Extra Goodies

Beyond the one-on-one chats, 7 Cups offers self-help guides and community forums. Dive into topics that resonate, from the struggles of school life and friendship drama to deeper dives on mental health. It's a space where everyone gets it.

The Heart of It

We live in a world that's always connected, yet sometimes, it feels lonelier than ever. With 7 Cups, you're never really alone. Whenever those 2 AM thoughts hit, or you just need to vent after a rollercoaster day, 7 Cups is there, keeping it real and keeping you grounded.

So, next time your heart's feeling heavy or your thoughts are in a whirl, remember: 7 Cups is there. Slide in, spill, and feel that weight lift. Your emotions, your pace, your space.

7. Smiling Mind

Ever felt like life is blasting at you at a zillion miles per hour? Notifications buzzing, screens flashing, group chats blowing up (because Jenny shared yet another *dramatic* TikTok). Amidst this digital whirlwind, finding a quiet space seems next-level impossible. But, what if I told you there's a way? Dive into the calm of Smiling Mind.

Why It's Lit

Smiling Mind isn't your typical, one-size-fits-all mindfulness app. Nope, it's like that customizable Spotify playlist that *just gets you*. It offers tailored practices for each age group, which means the mindfulness challenges faced by a 17-year-old (hello, college app stress) are taken as seriously as those of a 30-year-old (because adulting, apparently, is hard).

All About YOU

Forget generic zen tunes and ancient mantras that sound way out of a movie. Smiling Mind's sessions are relatable and relevant. Dealing with FOMO after scrolling through IG? There's a practice for that. Feeling the pressure of looming exams? Dive into a session and emerge with a clearer mind.

Swipe, Breathe, Repeat

The interface is user-friendly, so no tech wizardry required. A couple of swipes and you're on a journey inside your mind. Picture it: A serene space where you're the VIP.

Why Everyone's Talking About It

From classrooms to locker rooms, teens are tapping into Smiling Mind. Because sometimes, amidst the avalanche of homework, sports, and social lives, we just need a breather. And guess what? That's totally okay.

TL;DR

Smiling Mind is more than an app; it's like your personal oasis in the digital desert. So next time the online world feels like too much, plug in your headphones, open Smiling Mind, and drift into tranquility. After all, your mind deserves a smile too.

8. Daylio

Ever wish you could teleport back in time, even just for a day, to remember how you felt during that *epic* summer beach day or after that intense math test? Or maybe just to decode the rollercoaster of feels that is, well, being a teen? Enter: Daylio.

The 411

Daylio is your pocket-sized sidekick that makes mood tracking cooler than any vintage filter. It's like that best friend who remembers EVERYTHING and doesn't judge when you're on your nth ice-cream tub while binge-watching *yet another* series.

Emoji & You = Perfect Duo

Who said diaries needed essays? With a spectrum of emoji-style moods and activities, Daylio lets you visualize your vibes in seconds. Colorful, fun, and straight-up relatable. Yes, they have an icon for that random dance break you took at 2 a.m.!

Beyond the Feels

The app not only lets you track your moods but also gives you patterns, trends, and insights. Been feeling super low every Wednesday? Maybe it's that extra-long history class. Been riding a high every Friday night? Pizza nights with fam might just be your weekly dose of happiness!

Your Private Universe

Remember, this is YOUR space. No ads, no social shares, just pure, unfiltered you. It's the one place where you can be 100% real, even on days when the world's asking for 110%.

The Cherry on Top

Reflect, rewind, repeat. Daylio encourages you to revisit your entries, celebrate your highs, and understand your lows. Because every emotion, just like every day, is a chapter in the epic novel of YOU.

TL;DR: Ever felt like your emotions need their own language? Daylio's got your back. Track, reflect, and rock on with your rad self. And hey, in a world that's always online, Daylio is your offline check-in, always ready for a chat.

9. Happify

Ever wish you had a magical potion to lift your spirits when the real world feels a tad too chaotic? Or maybe something to distract you when you've played that same level, for like, the 100th time and still can't beat that boss? Power up with: Happify.

The Deets

Think of Happify as that secret level you've just unlocked. It's bursting with activities and games that aren't just about winning or losing but leveling up your happiness. It's your digital chill pill for when life throws too many side quests at you.

Achievements & Joy

Forget high scores; here, it's all about high vibes. Dive into challenges that'll make you smile, games that teach the art of chill, and quirky tasks that might just make you laugh out loud. Yep, even if your cat's watching.

Science + Fun = Win

Behind every game is a sprinkle of science magic. Think of it as the perfect blend of positive psychology and neuroscience crafted into games. So, while you're trying to beat your "best time," you're also learning the best way to keep those positive vibes going.

Just For You Mode

There's no leaderboard, no competition. Just pure, tailored content to match your mood. Feeling stressed? There's a game for that. Need a confidence boost before asking your crush out? There's a challenge for that too!

Bonus Level

While you enjoy the fun, Happify is busy in the background, understanding you. It gives feedback, insights, and even tips on what could lift your spirits based on your gameplay. It's like having a gamer buddy who's also kinda wise!

TL;DR

In the vast universe of apps, Happify is your go-to fun zone with a mission: Making you feel epic, one game at a time. And remember, just like every coin in a game counts, every giggle and smile with Happify adds up in the grand game of life.

10. Simple Habit

Ever felt like navigating high school is tougher than finding your way out of a maze, blindfolded? Or wished for a magic button to hit pause and just...breathe, especially before that major presentation or post-breakup blues? Discover the magic of: Simple Habit.

The Scoop

Think of Simple Habit as that one chill-out track that never gets old. But instead of just one track, you've got an entire playlist tailored to your vibes. From 5-minute mood-lifters to deeper dives, this is your curated corner in the noisy digital universe.

Meditations? More Like Mood-itations

Bad day? There's a meditation for that. Nervous about the upcoming prom night? Yup, they've got something for that too. Whether it's about surviving a drama-filled day or getting hyped for the weekend, Simple Habit has your emotional back.

Plug In, Zone Out

Picture this. You, your earphones, and a voice guiding you to calmer shores. Whether it's in between classes, before bedtime, or even during that super long bus ride home, tuning into Simple Habit is like teleporting to your very own calm island.

Beginner-Friendly & Beyond

New to the whole meditation thing? No sweat! Simple Habit is like that super cool senior who shows you the ropes without any of the judgement. Dive into beginner guides and then challenge yourself with advanced sessions as you go.

The Bonus Beat

With each meditation, you're not just calming your mind, but unlocking insights into yourself. Figure out what makes you tick, what makes you chill, and maybe, just maybe, even get a hint of what you'd really like to do on that project you've been postponing.

TL;DR

When life's playlist sounds more chaos than chill, Simple Habit is your go-to remix. Dive in, find your groove, and conquer those teen years with a zen you never knew you had. And remember, amidst the teen tempest, taking a Simple Habit moment is like finding your calm anchor.

11. Talkspace

Ever had one of those days (or nights) where you wished you could hit up a real-life wise wizard for advice? Or just have someone truly listen, without any judgment, memes, or "just get over it"? Enter: Talkspace.

Dial-a-Wizard

Okay, while they might not have magic wands, the therapists at Talkspace are kind of like those cool, sage-like mentors. They're professionally trained to listen, understand, and guide. Best part? No waiting for appointments or awkward waiting room vibes.

Your Space, Your Pace

Whether you're tucked under your duvet at 3 a.m. or sneaking in a chat during lunch break, Talkspace is there. It's like having a direct hotline to a calm corner of the universe, whenever YOU choose to visit.

Keepin' It Real

This isn't a bot, an algorithm, or some one-size-fits-all advice column. These are real human professionals, tuned into your vibe, giving tailored advice for your unique, one-of-a-kind situation.

100% Judgement-Free Zone

Ever feared being misunderstood or judged? That's off the table here. Talkspace is all about creating a safe bubble where your feelings, thoughts, and challenges are taken seriously. Yes, even that thing you've never told anyone.

Beyond The Chat

Not just for talking, Talkspace offers a world of resources. From informative articles to expert videos, it's like having a personal growth library in your pocket.

TL;DR

Ever felt the weight of the universe on your shoulders? Talkspace is like that wise friend who's seen a thousand galaxies and still has time for your story. When the weight gets heavy or you just need someone in your corner, hit up Talkspace. Real support, real people, really anytime.

12. SuperBetter

Ever thought about leveling up not just in-game but in the real, sometimes messy, quest called life? What if facing daily challenges was like conquering levels, boss battles, and side quests? Power up, because that's what SuperBetter is all about.

Life: The Ultimate Game

SuperBetter transforms your everyday challenges into game-like quests. Forget dragons; here you're battling stress, sadness, anxiety, and whatever else life throws at you. And yep, there are power-ups for those!

Quests? Power-ups? Epic Wins?

Navigate life's twists and turns with fun quests, unlock power-ups for self-care, and celebrate epic wins when you overcome personal challenges. It's like turning your daily life into an RPG where *you* are the main character.

Your Allies and Adversaries

Ever wished you had a squad to back you up? SuperBetter lets you rally your friends as allies. But beware! There are "bad guys" to face, representing obstacles or negative habits. Squad up and take them down together.

Science-Backed Gaming

This isn't just fun and games. SuperBetter is grounded in scientific research. It's designed to boost your resilience, well-being, and, of course, grant you some well-deserved bragging rights.

Your Hero's Journey

Every gamer knows, it's all about the journey, not just the destination. SuperBetter encourages you to embrace your story, with all its challenges and triumphs. Every day can be an adventure, and every challenge, a chance to unlock a new skill or strength.

TL;DR

Leveling up isn't just for avatars. SuperBetter turns life's ups and downs into the ultimate adventure game. Boss battle with stress? Challenge accepted. Side quest for confidence? Game on! Dive in and turn your daily grind into daily achievements.

13.Meditopia

Ever wished for a chill-out moment that speaks *your* language? Whether you're from Tokyo or Toronto, Barcelona or Brisbane, sometimes you just need to vibe in your own lingo. Enter: Meditopia.

One App, Many Voices

Meditopia is like the United Nations of chill. With meditations in multiple languages, it's like having a zen master from every corner of the world in your pocket.

Vibes for Every Mood

From battling Monday blues to celebrating that Friday feeling, Meditopia's got a track for that. Think of it as the Spotify playlist of your emotions, carefully curated just for you.

Sleep, Stress, Focus, and Beyond

Can't shut down those buzzing thoughts before bed? Or maybe need a concentration boost before that big test? With guided sessions targeting different needs, you can pick your perfect meditation mixtape.

Cultural Coolness

Dive into meditations that also embrace the rich tapestry of global cultures. Whether it's mindfulness mantras from the Himalayas or relaxation rhythms from Rio, you're in for an enlightening ride.

Journey Beyond Borders

While the world can sometimes feel more divided than ever, Meditopia reminds us that, deep down, we all seek the same peace and calm. It's a sweet reminder that we're all in this together, no matter the language or latitude.

TL;DR

Craving some global zen? Meditopia's got you. From Tokyo's tranquility to Parisian peace, tune in, vibe out, and let the world's meditative magic wash over you. And remember, peace isn't just a destination, it's a journey, one meditation at a time.

Conclusion

Hey you, epic human on the grand adventure called the teenage years! Life's got its boss levels, unexpected plot twists, and that "why did I just respawn here?" moments. But you know what's the ultimate cheat code? Taking care of your mind and heart.

Let's be real. Self-care isn't about spa days and candles (although, hey, those are dope too!). It's about listening to yourself, understanding your emotions, and equipping yourself with the right tools for those "I can't even" days. These apps? They're like your personal life sidekicks. Whether you're in need of a mental recharge, some emotional armor, or a strategy guide to tackle life's puzzles, there's a digital pal right here waiting to help out.

Every notification, every swipe, every minute you spend on your devices can now be a step toward understanding yourself better. No Wi-Fi needed for self-reflection!

So, whether you're navigating the highs of that killer weekend with friends or grappling with the lows of that 'meh' math test, always remember: you've got an arsenal of apps ready to back you up.

To sum it up? Embrace the digital age, not just for the memes and TikToks (which, admit it, are fabulous), but for the soulful support it can offer.

TL;DR

Life's a game. Equip yourself, level up, and remember, every teen hero needs their digital companions. Dive in, explore, and let these apps be your guides through the rollercoaster realm of teendom. Keep rockin', superstar!