



THE ARIZONA SCHWARTZ GROUP PC

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LICENSED CLINICAL PSYCHOLOGIST



Recommendations

Productivity and Motivation HW & Academics	Sleep-Stress Relief Mindfulness-Relaxation	Brain Fitness Attention Training		
<p>2 Houses 24me Smart Personal Assistant Actions Hero-Productivity Adult ADD ADDitude Mag CommitTo3 DietBet Examp! Get Unstuck HW GoodReader Gottt! Snap Math/ Science Help GymPact Habit Pro Habitap(Tools to help Habit Reversal) Habitor Hwler: Ultimate HW App I Can Do It (CBT for procrastination) IEP Checklist inClass Khan Academy (web only) Chegg (HS/College Students) Life Planner SuperBetter SuperNOTES Brainly HW Help Stickyboard Mobilyze Momentum Math.yourteacher MathCrunch Live Tutor Positive Activity Jackpot Rare Candy (role play game to practice, motivate, & master a skill)</p>	<p>My Study Life My Thoughts Magic Window Mappiness Popplet Plus Study Tips ProCrastin8r Prosperkit Free Quitter Study Motivator StudyBlue The Homework App yHomework- Math Solver Smart Goals Revitafy ReQall Routines iHomework iStudiez Pro LifeTick (values & goals)</p>	<p>Stop, Breathe, and Think Take a Break! Guided Meditations The Mindfulness App The Mindfulness App II The NOW Pzizz Sleep Relax & Sleep Well Glenn Harrold Relax + Relax App Relax Melodies OMM-One Minute Mindfulness Optimism My Sleep Button-Shuffle Your Thoughts Meditation by Mindifi Mentally Fit Gratitude & Happiness- A self-help journal Inner Balance iSleep Easy</p>	<p>iStress Guided Mind HappyHealthy Headspace BellyBio Interactive Breathing Breathe2Relax Breathing Zone Buddhify Mindfulness & Me Dormio Sleep GPS4Soul Sport Psychology Focus&Breathe SportPsych Performance Coach Plus My Emotions Plus SelfEsteem</p>	<p>Elevate Brain Training Fit Brains Focus Zen Forest-Stay Focused Peak Brain Training Digipill - Change Your Mind Happify Optimism Mood Jooser Good Blocks DeStressify Plus My Zen Lumosity e-Catch the Feeling Fit Brains Kids Brain Jump Brain Pop Mind Games Mental Workout Joggle Brain Train Brainscape-Learn Smarter Faster Hello Brain – activities for wellness</p>

Time Management Visual Timers		Kids ONLY		Apps for Parents & Parental Control & Safety	
Task Timer for Kids Visual Timer Duration Hustle-Timed To Do List Presentation Timer Time Tracker Pro Wait Timer Time Timer Fun Time Timer Tico Timer (fun)	Waiting Game (older kids-adult) Hours Tracker & Pomodoro Timer Wait – Patience Timer Virtual Nerd HW Tutor Pomodoro Timer Pomodrone Plus My Time iFocus Timer 30/30	Ask Ed-Tools for Coping and CBT Bedtime Balloons Beep & Boop Behavior Breakthroughs MyBlee Math (kids 9-11) Big White Wall Positive Penguins CBT Tools for Kids IF Social Skills Game Kids Meditate Now KidzWorkz LifeSkills for Kids Fear Shrinker Friendmaker FOCUS on the Go Kiko's Thinking Game Kids CBT ABC Mentally Fit for Teens	FUNCLUB game Don't Feed the Worry Bug (Wince) Dyslexia Quest (game) Healing Buddies Comfort Kit SMARTCAT (child cbt) Smiling Mind Sosh Lite SleepSheep Sesame Street: Divorce Sesame Street: Think, Breathe, and Do Thinking Time with Kiko Stand Up Speak Out anti bullying app The Talking Jar The Social Navigator The Shredder The FRIENDS Game Teens Toolkit Worry WheelGive Me 5: Social Skills	Allowance and Chore Bot Qustodio Mobicip Safe Browser Time Lock SafeTube Pro KidModo Mobile Tracking Other Parent Apps: Win a Spin Funifi – Makes Chores Fun Home Safely Now: mobile personal safety Hey You! ADHD: Fun songs for executive functioning Kidganizer Behavior Chore Chart Behavior Tracker Pro Be GOOD	Kidvincer Fairy Med Optimizer 1-2-3 Magic Monster Meter (Monster Detection App) The Zones of Regulation Visual Budget ChoreMonster ChorePadHD ChoreWars (internet only) CoActive Epic Win: Fun Role Play Game for Chores and Projects Remember the Milk Remente Tantrum Tracker Lite
Tracking and Reward		Mood Management and CBT		More Mood & CBT	
Great Points (reward tracker for multiple households and caregivers, syncs to cloud) Daily Routines – busy parents Doo App Kids Rewards Tracker The Deed Box (points tracker) Home Routines – busy parents iTouch ILearn Morning Routines (great for kids 2-6) iReward Chart Kid Pointz Caught Being Good TracknShare Symple – Heath & Symptom Diary Mr. Mood- Simple visual tracker Mood Pik MoodLog (Bipolar and related) Moody Me Senti SymTrend Thought Diary Thrive Tracker Track it ReliefLink – Emory University (Mood Tracking/Plan) PsychMeds – monitor response and reaction to meds 1 Thing Gratitude Journal WhatsmyM3 Juice – World's Funnest Energy Tracker	Feelit- Connect Emotionally My3 Support Network Adult CBT ABC Alura Cognitive Therapy Anti-Anxiety Anxiety Coach Mayo Clinic At Ease: Anxiety & Worry Relief Be Calm Be Grounded (grounding exercise) Mind Tools Mindfit Mindfully Me Mindshift Pacifica –Tools for Anxiety, Stress, Worry Panic Attack Aid	Stress & Anxiety Companion (Prosper) Tactical Breather The Worry Box Therapy Buddy Toxic Thinking Unstuck What's Up? Mood Sentry Free (CBT) MoodKit - Mood Improvement Tools Calm Down Now- Grounding/relaxation CalmKeeper (help for sudden stress, panic, anxiety) Catch It	Panic Attack PHILS Panic Attack Talk Down HD (Linden Method) Pocket Therapist proACT ReThink Safety Plan SAM - Anxiety Shrink in a Box Shrinky Anxiety Release Mood Manager LifeArmor Live Happy **Live OCD Free Meditation for OCD & Anxiety Talk to Sig The CBT App Stop Anxiety Stop Panic & Anxiety CBT for Insomnia CBT Mood	Crisis Text Line DBSA Tracker EBT eCBT Calm eCBT Mood Exhale Fear of Flying iCBT iCounselor Depression iCounselor OCD iCounselor Anxiety iCounselor Anger In Hand iThink Smarter iThoughtJournal (adults/teens) can email to therapist Cognitive Diary CBT CBT Referee	