



Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle:

- Test Anxiety
- Perfectionism
- Social Anxiety
- Performance Anxiety
- Worry
- Panic
- Conflict

Think of MindShift as your portable coach helping you face challenging situations and take charge of your life.

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**More information can be found from the creators' websites on the following links:**

- <http://www.anxietybc.com> (BC Mental Health & Addiction Services)
- <http://www.bcmhas.ca> (Anxiety BC)

**The App is available to download on the following links:**

- <https://itunes.apple.com/ca/app/mindshift/id634684825?mt=8> (for Apple)
- <https://play.google.com/store/apps/details?id=com.bstro.MindShift> (for Android)