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Mental health app for android phone

Your Android is always with you, and it's a great tool to track your workouts, record your diet wins and slip-ups, and encourage you to take your fitness even further. Use this Android app to monitor your goals for the new year. FatSecret Calorie Counter It's not just the FatSecret app that has a thick calorie database for all kinds of foods you'll eat at home or almost any restaurant — although that's certainly a useful thing to have. It's not even a barcode scanner, which quickly pulls in nutritional information for any pre-packaged item. The real strength of FatSecret is to quickly add all the things you eat into your ongoing Food Diary, so you can see your day's total in calories, fat, carbohydrates, or what you have. There are also exercise diaries, weight trackers, and personal journals, so you can keep an eye on the mathematical aspects that are lacking in shaping. FatSecret Calorie Counter | AppBrainRunKeeper Pro We love it, you love it, and almost everyone who runs will come to love it. RunKeeper tracks your run via GPS on a map, while also recording your mileage, calories burned, time spent running, and other statistics. The data is instantly synced to the RunKeeper server, where you can track your progress, set goals, and see your running life from a good overhead view. As you run, robot broadcaster RunKeeper can tell you how far you've come and gone — helping those in need of real-world motivation. Best of all, the untrained Pro version is free through January. Mobile fitness apps have changed the way people create, record and achieve fitness goals, thanks to... Read moreRunKeeper | AppBrainMy Tracks For those who don't just run, or are good enough with Google Maps or spreadsheets to actually use tons of practice data, Google's own My Tracks app fits the bill. It runs in the background as you continue your workout (or just take a leisurely walk), then send your stats to a custom Google Map or your Google Docs account. The app can also connect with Twitter and other networks to broadcast your very famous run/bikes/walk, and keep a backup copy of your data on your SD card. My Tracks for Android | AppBrainSparkRecipes Over 280,000 health-conscious recipes are loaded into the SparkRecipes database, and its Android app gives you a very useful interface to get them. Fats, calories, and other nutrients are provided for each recipe, and you can search and sort by diet or special nutritional needs. Choose a recipe, save it as your favorite, and you've got another source to look for home-made food ideas. My Tracks Android | AppBrainCardioTrainer This app covers some of the same fields as RunKeeper, but it has a greater view of health and training, and tools to cover it. You can use it to track your run/bike/walk outdoors, but also time and estimate your indoor gym activities as well. There are many components for you to stick to your training plan. You can install modules for other CardioTrainer user races, and a neat New Year's Resolution feature that can accommodate donations in escrow. If you stick to your plan, you save money, but if you don't, it goes to the charity of your choice. So use CardioTrainer not just as a luxury timer, but as a social motivational tool. CardioTrainer | AppBrain There are many related apps, often loose, to health and fitness in the Android Market. We try to choose the best and most helpful app, but if we miss a good one, let us know in the comments. We see a lot of cool apps in the android land — apps that take advantage of the flexible nature of the platform to do innovative things you won't find on other mobile OS. Link Bubble is one of the most brilliant examples I've seen in a long time. This app, launched yesterday by developer Chris Lacy (the man behind Action Launcher), really has the potential to change the way you use your phone or tablet. In short, it acts as a companion for your regular mobile browser by intelligently handling all the links you open from within other apps. Sounds a little weird, I realize. But once you use it, you'll be amazed at how clever that approach is. And if you're like me, you're going to wonder how this sensible thing never existed before. Let's say you're in the Google+ app and tap a link. Typically, your device will evict you from Google+, load Chrome, and load web pages while you watch and wait. (I use Google+ for this example, but the same can be said for Facebook, Twitter clients, or almost any app where you open external links.) With Link Bubble, the page starts loading in the background as soon as you tap the link — then pulled up in the overlay window when it's really ready for you to see. No waiting, no disrupted work flow, and no time wasted. You can collapse the page down and move the Link Bubble circle anywhere on your screen if you want to save it for later. And if you'd rather save a link to a service like Pocket or share it to another app on your device, you just have to touch the circle and drag it to the appropriate shortcut. You can even do it before the page finishes loading, if you want. You can tap on some links and let them load with Link Bubble as well, then continue to do whatever you do and see the pages in the overlay window when they — and you — are ready. One of the cool side benefits of Link Bubble is that it also eliminates the back and forth jumps that sometimes occur when you tap a link in - like when you tap the YouTube or Google Play link on Twitter and watch it first open in your browser and then ping it to the appropriate destination. Link Bubble skips that extra step and just takes you right where you want it. You almost have to look at it in action to appreciate the full scope of how it works. Watch this demo video: To be clear, Link Bubble Bubbles intended to replace your regular browser but more to complete its functionality and work with it. You'll never open Link Bubble to start a new browsing session, for example; it just jumps to handle links opened from within other apps in a more elegant way. The Main Link Bubble app is free. To take full advantage of all its features, you'll need to collect five dollars for a Pro license key. I highly recommend giving a vortex. READ MORE: • 8 awesome apps you'll only find on Android • Android Power's 3 favorite things for February 2014 • How to create custom Gmail alerts on any Android device Copyright © Communication IDG 2014, Inc. Source: Jordan Palmer/Android Central We've previously brought you some of the best fitness and food tracking apps for your Android device, but we feel it's important to address one last element of your overall health profile: your brain Because it becomes an essential element of our survival, who we are, and so on, it's surprising that many of us ignore its health. So this is the best mental health app for Android. Oh, and when you're done here, be sure to check out our best Android app roundup! Approaching this roundup, we took one or two applications from different aspects of mental health so you can find what you need. Although much less than, say, food tracking, there are still some mental health apps on the Play Store to screen. We've gone through a group to uncover these, and we find that they are suitable for a variety of mental health needs. Starting our top three is Calm, a very well-known meditation app. It's well designed, and perfectly fits in this roundup theme. The second is What's Up, a simple yet effective general mental health app. It has many features such as grounding and breathing techniques, positive and negative habit tracking, and more. Finally, we have Moodpath, which specializes in helping you understand your anxiety, depression and stress levels. 1. Calm Source: Jordan Palmer/Android Central Calm is widely regarded as the best meditation app out there, even more so than Headspace's direct competitors. To discuss Calm, you need to understand that this app offers many different guided meditation services. You choose the duration that best suits your needs. There are programs for relaxation, better sleep, stress relief, calming anxiety, attention, self-esteem, and more. All are welcome in Calm, from beginners like me who have trouble sitting still for more than a minute to more advanced users. You can choose from a variety of sounds and scenes to add meditation, yoga, or attempts to fall asleep. It really is which is impressive and which I found useful in the past. It's quiet to have something for everyone. Universal in the sense that anyone can find something for them, Calm is the ultimate guided meditation app for Android. Source: Jordan Palmer/Android Central What's Up is a common mentality which borrows techniques from Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT). That is, it is intended to help you cope with depression, anxiety, stress, anger problems, and panic attacks. These include habit trackers to reinforce good habits and cut bad, a diary for symptom tracking, a 100-question game to keep you grounded, breathing techniques, and more. Comprehensive in its nature, What's Up is a very good starting point for anyone who wants to step out of themselves to get a little new perspective on things. Whether you've just been diagnosed with something or you've struggled for years, What's Up is an amazing friend to have with you for the journey. The app itself is free, but if you want to donate, you can do so through in-app purchases. You also unlock additional themes to do so. One of the best general mental health apps out there, What's Up is great for anyone struggling. It offers many features to help you overcome it. Source: Jordan Palmer/Android Central Moodpath is a mood tracking app for people without diagnosed mood disorders (e.g., bipolar, etc.). It asks simple questions to get your physical and mental well-being gauge, then compiles your answers into a two-week report. These reports can then be shared with the mental health professionals in your life. Tracking is the name of the game here, including journals. This allows you to glimpse the state of your mood for each day, which means that you can look back at what happened or where you will glimpse potential triggers, coping mechanisms, and so on. Another neat feature is the Moodpath integrating the Cognitive Behavioral Therapy (CBT) methodology to give you exercises to counter against thoughts and negative emotions that seem just incredible. You can also take advantage of other features such as stress management. Moodpath is an excellent app if you experience symptoms of depression and or anxiety, negative mindsets, and an overwhelming emotional state. It helps you track, cope, and understand. The big three are admittedly more common, so many people can find something they need in them. However, that does not mean that the others below are less important. Instead, they may be more specialized in certain aspects of mental health. NotOK Suicide is a serious problem, and so we're big fans of things that do their best to prevent it. Teenagers develop notOK for fellow teens who face a dark shroud of suicidal thoughts and ideasi. Fortunately, adults can benefit the same from it as well. The app works panic alarm system, warn your close contacts that you are, in fact, not okay. You can set up up to five people as your support network from within the app. The app then sends them a message, saying that you're not okay and need help (in the form of a visit, text, or call). It also sends you your GPS coordinates so that your support network find you easier. It's a very basic app, which you can support through in-app purchases. It's basically just a red panic button, but a simple app is sometimes all it takes to save lives. notOK is intended for those struggling with suicidal thoughts. It acts as a panic alarm to warn your contacts that you need help. MoodMission is unique in the mood tracking space as it offers a variety of missions based on how you feel for the day. Whether you are dealing with stress, anxiety, or depressive symptoms, MoodMission's goal is to help you manage those problems, and the mission itself is to address different things. These missions are intended to improve your emotional well-being or skills. So you may be given breathing exercises or push-ups (as best you can), tools that help distract you and help you cope with what's going on. Before you are assigned a mission, you must identify the mood and severity. After completing the mission, you will be asked to reassess your emotional state. The obvious end goal is to feel better after achieving something than you did before setting. One thing to note is that MoodMission will ask you to complete several surveys before you log in to the right application. MoodMission gives you missions to complete based on your mood for a given day. These missions offer methods to improve your mood or skills. Source: NoCD Google Play Store, as you might expect, is intended for people suffering from Obsessive-Compulsive Disorder. Often misunderstood by the general public, OCD can be debilitating in some cases. The app is designed by people suffering from the disorder along with the experts who treat it. NOCD pairs you with a licensed OCD therapist. Using this face-to-face teletherapy combined with the Exposure Response Prevention technique, the app offers the means to create a specific treatment plan for your disorder. However, between sessions, you have access to other OCD therapy tools, including community resources. Remember that NOCD is not intended to replace your other treatments; however, it can add to what you do to reduce the severity of your symptoms. NOCD works with different insurance companies in the US and claims to have an affordable option for those paying out of pocket that you can discuss when you book your first call. NOCD is an app made especially for people suffering from OCD. It pairs you with a therapist for treatment options and offers other ways to reduce the severity of your symptoms. Source: Jordan Palmer/Android Central Post-Traumatic Disorder is a severe disease for those who experience such trauma. While we most often hear about it in terms of combating veterans and abuse and victims of sexual assault, it can happen to anyone. And that's where PTSD Coach comes in, an app that can help you figure out if: a) you need to see a therapist about the possibility of PTSD, and b) manage your symptoms and improve over time. Time Coach offered a self-assessment based on 20 questions asking about common PTSD symptoms. Depending on how you answer, the app will give you a score and offer advice on how to proceed. Since then, it encourages you to take back judgment once a month to get a gauge of how you improve. The app also offers other tools, such as soothing pictures and sounds to calm you down, including things you add yourself. You can also reach support contacts directly within the app if you run into problems. Managing PTSD, or even being diagnosed with it, can be difficult, but PTSD Coach is here to help. From self-assessment to calming tools, it's there to offer help and guidance as you work through your symptoms. Source: Jordan Palmer/Android Central Bipolar Disorder affects a surprising number of people. It usually comes in two forms, with several derivatives, and presents a severe problem. Like many mental health disorders, BD is seriously misunderstood. This creates many complications, and while treatment can be difficult, eMoods is an application designed specifically for people with BD. On its surface, eMoods is a simple mood tracking app where data stays local to your device unless you expressly export it. It lets you track the severity of symptoms of mania, depression, irritability, and anxiety. You can also say it if you have psychotic symptoms that day, whether in your manic state or depression. From there, you can get a bird's eye calendar view for your analysis, or export monthly reports to send to your psychiatrist and/or therapist. Dealing with Bipolar Disorder is not easy, but eMoods is here to help you track your mood and understand your symptoms. It even lets you export reports to your medical professionals. Source: Google Play Store Dialectical Behavioral Therapy, or DBT, is a derivative of Cognitive Behavioral Therapy, intended for those suffering from substance abuse or personality disorders, suicidal thoughts, and so on. Although less common than CBT, there are therapists out there who specialize in this practice. If you want to get started, then check out DBT Coach. Through the teaching of skills and techniques, DBT Coach hopes to increase your attention. You'll learn a variety of lessons, complete exercises similar to DBT worksheets, and do meditation. It's a pretty powerful app if we're honest. There is even a discussion group for you to talk to others who are also going through DBT! An application that should be used for anyone who wants to acquire DBT skills. DBT Coach offers many features, such as lessons and exercises, and looks great when doing so. Source: Palmer/Android Central Rounding out our list is Youper. This emotional therapy app harnesses the power of AI to help you deal with stress, anxiety, or feeling emotionally overwhelmed. It combines elements of Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and attention to help you be motivated, dealing with what is you, or increase your self-esteem. For many, one conversation is all they need. AI Youper knows what you need most (based on your feedback) and gives it to you. For me, it has been me going through mind-taking exercises to deal with some negative emotions. Youper is, in essence, a chatbot developed to help you become your best emotional self. Youper is an AI-driven emotional health assistant. It works very well for basic needs. Needs.

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