




























## Apps






Category	App Name	Info	Icon
<b>Chronic Pain</b>	<b>Catch My Pain</b>	This pain diary assists with keeping track of your pain levels, your health records, your symptoms and allows you to share it with your healthcare team.	
<b>Chronic Pain</b>	<b>My Pain Diary</b>	This app tracks your pain and uses it to look for patterns that may be associated with flare-ups. It has a clever feature that looks at the weather from your location and tracks that against your pain as well. You can set medication and appointment reminders and share information with your doctor.	
<b>Chronic Pain</b>	<b>Pain Scale</b>	This app is a fantastic resource for learning more about your pain, you can track your symptoms and pain and share this with your doctor.	
<b>Chronic Pain</b>	<b>Manage My Pain</b>	This app allows you to track your pain and symptoms into easy to read charts, which you can then share with your doctor or friends and family.	
<b>Chronic Pain</b>	<b>Chronic Pain Tracker</b>	This app provides people with chronic pain a way of tracking their triggers, pain intensity and duration. You can share information with your doctor by generating a pdf through the app.	
<b>Chronic Pain</b>	<b>Flaredown</b>	This app focuses on maintaining a list of commonly-experienced triggers to help you identify, learn and manage your flare ups better. It aims to assist you with reducing severity and duration of these events. You can track food, medication, weather, treatments, mood and activity.	
<b>Chronic Pain</b>	<b>Curable Pain Relief</b>	This is a new app on the market that is set up with your own personal coach to help you understand your pain. It is tailored to you and takes you on an interactive journey through the world of chronic pain and everything it affects.	
<b>Chronic Pain</b>	<b>iBeat Pain for Teens</b>	This app is specifically designed for teenagers living with chronic pain and was developed by Mayo Clinic Centre for Innovation. Its focus is on active self-management, sleep, self-care and relaxation techniques.	
<b>Chronic Pain</b>	<b>Recognise</b>	This app has been shown to reduce pain in people dealing with CRPS (complex regional pain syndrome). This is a tool that should be used as part of graded motor imagery to improve performance and assist rehabilitation.	

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<b>Chronic Pain</b>	<b>Protectometer</b>	This app helps you to understand your pain, what contributes to it and why.	
<b>Chronic Pain</b>	<b>Pathway Pain Relief</b>	This app was designed to assist with changing the way your brain perceives pain. It is an interactive app that teaches you the science behind your pain. It has resources on mindfulness, physical therapy, guided imagery and meditations.	
<b>Chronic Pain</b>	<b>iManage Migraine</b>	This app was developed in partnership with Headache Australia and is a fantastic resource for people dealing with migraines. It allows you to track the duration, severity, frequency, triggers and symptoms of your migraine, whilst also educating you on strategies to help you manage them.	
<b>Sleep &amp; Meditation</b>	<b>Sleep Sounds</b>	This app is a mix of sounds to help you get and stay asleep. They can also be used for relaxation and meditation.	
<b>Sleep &amp; Meditation</b>	<b>Relax Melodies</b>	This app is designed to help you get to sleep with meditations and stay asleep with sounds like white noise. You can set timers and mix your favourite sounds.	
<b>Sleep &amp; Meditation</b>	<b>Calm</b>	This app is designed for mindfulness, meditation, sleep and stress reduction. It consists of guided meditations, videos and music to help you relax.	
<b>Sleep &amp; Meditation</b>	<b>Simply Noise</b>	If you can't sleep in dead silence or find that sounds can keep you awake for hours then this app is for you. This app is designed to create an ambient noise that masks all others and helps you get and stay asleep.	
<b>Sleep &amp; Meditation</b>	<b>Smiling Mind</b>	This app is developed by psychologists and educators to assist you with resources and guided-meditations to help you look after your health. It has some great resources of thinking and sleep.	
<b>Sleep &amp; Meditation</b>	<b>Headspace</b>	This is app made famous by the TEDtalk "All it takes is 10 mindful minutes". Is a fantastic resource that takes you through different mindful meditations relating to stress, eating, sleep, exercise ... this list is endless.	

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<b>Sleep &amp; Meditation</b>	<b>Sleep Cycle</b>	Sleep cycle is designed to analyse your sleep and wake you up at the perfect point in your sleep cycle – called the “wake window”.	
<b>Diet &amp; Nutrition</b>	<b>Easy Diet Diary</b>	This app is the fantastic companion to your diet. You can put in your calorie target for the day and then all the meals you plan to consume, it will let you know if you are over and you can track down a substitute to get you back on track.	
<b>Diet &amp; Nutrition</b>	<b>MyFitnessPal</b>	The calorie counter and diet tracker section of this app is a fantastic resource for helping you realise exactly what you are eating every day and how to modify this to lose weight.	
<b>Diet &amp; Nutrition</b>	<b>Nutrition Menu</b>	This app is designed to track your weight, water consumption, meals and calories and exercise. It summaries them into charts to help you keep on track to your goals.	
<b>Diet &amp; Nutrition</b>	<b>Easy Calorie Counter</b>	This app keeps you on track with your diet by counting the calories for all the meals you eat each day. It summarises them in easy to use graphs to let you keep moving towards your goals.	
<b>Diet &amp; Nutrition</b>	<b>Make My Plate</b>	This app is a visual meal planner, containing thousands of pre-made meals and allowing you to generate a personalised grocery list.	
<b>Diet &amp; Nutrition</b>	<b>Food Switch</b>	This app was designed by BUPA to allow you to make healthier choices when you are at the supermarket, all you need to do is scan the barcode and it will find you a better choice.	
<b>Exercise &amp; Pacing</b>	<b>My Physio</b>	This app is a great resource that delivers videos, instructions and photos of exercises you can do at home.	
<b>Exercise &amp; Pacing</b>	<b>My Fitness Pal</b>	This app tracks exercise, diet and connects to your smartwatch. You can scan barcodes of food, find recipes and join a community of people exercising to keep you motivated.	



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<b>Exercise &amp; Pacing</b>	<b>Simply Yoga</b>	This app provides you with audio instructions with accompanying videos to help you through some simple at home yoga routines.	
<b>Exercise &amp; Pacing</b>	<b>Daily Yoga</b>	This app provides over 100 yoga videos for all ages and ability levels. It takes you through simple and easy to follow routines to introduce a daily at-home yoga routine.	
<b>Exercise &amp; Pacing</b>	<b>Pedometer</b>	Wanting to start moving more, this app is a fantastic resource for counting your way to a fitter and healthy you. Just turn it on and take it with you everywhere you go to find out how many steps you take each day.	
<b>Exercise &amp; Pacing</b>	<b>Time Out</b>	This app allows you to set timers to remind you to take a break or move.	
<b>Mood &amp; Mind</b>	<b>Fabulous – Self-Care</b>	This app is a fantastic resource helping you to take little steps to taking better care of yourself. It starts with small changes to habit and builds on them, giving you the reason behind the importance of each change.	
<b>Mood &amp; Mind</b>	<b>Virtual EMDR</b>	This app is an online eye movement therapy program designed to assist you with addiction, PTSD, trauma, fears, grief, loss, depression and unwanted emotions.	
<b>Mood &amp; Mind</b>	<b>Anxiety Release</b>	This app is designed to help you release the thoughts and feelings behind your anxiety. It has a section specifically for chronic pain.	
<b>Mood &amp; Mind</b>	<b>Exhale Anxiety Assistant</b>	This app has interactive animations to help assist with the management of stress, depression, anxiety, panic attacks and PTSD. It includes resources and information.	
<b>Mood &amp; Mind</b>	<b>Mind Shift CBT</b>	This app uses the CBT techniques to help you learn to be more mindful and address negative ways of thinking, feeling and behaving. It includes a thought journal, coping cards, facing fears, goal setting and healthy habits section.	

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<b>Mood &amp; Mind</b>	<b>Daylio Journal</b>	This app allows you to pick your mood and record your activities. You can add notes and then look at your calendar to see you how you are going.	
<b>Mood &amp; Mind</b>	<b>Happify</b>	This app includes games based on science to help reduce stress, overcome negative thoughts and build greater resilience.	
<b>Mood &amp; Mind</b>	<b>Gratitude Journal 365</b>	This app allows you to take a photo and write notes for every day of the year, as reminder of all the things you are grateful for.	
<b>Mood &amp; Mind</b>	<b>Shine - Self Care &amp; Meditation</b>	This app takes you the journey of self-compassion, daily affirmations, millions of meditations all focused on taking better care of yourself.	
<b>Mood &amp; Mind</b>	<b>Daily Quote – Positive Quotes</b>	This app delivers a positive inspirational quote to you every day, a fantastic start to any day.	

*These APPS can be found on your APP store.*