

MindShift CBT - Getting Started



Get the App

Search for "MindShift CBT" in the App Store or Play Store, download it, and create an account.



Key Features

My Anxiety Types

Learn the signs for recognizing different types of anxiety and tips for managing them.

Healthy Thinking

Identify and deal with unhelpful beliefs.

Chill Zone

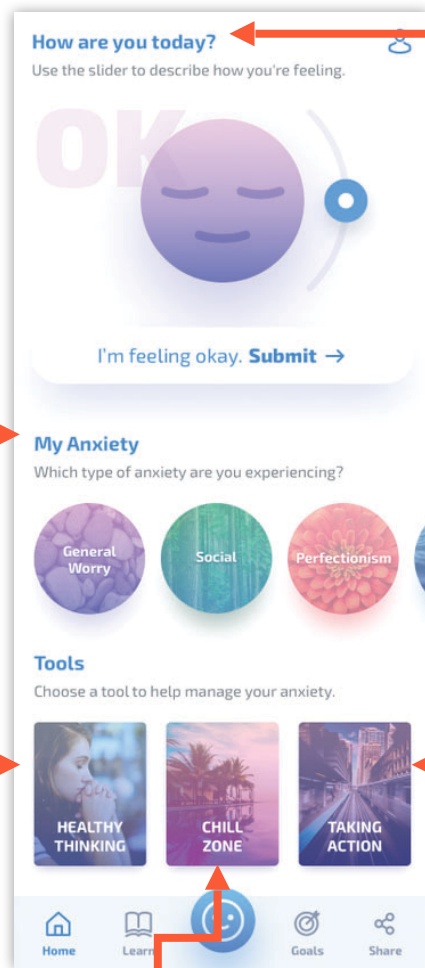
Listen to relaxation, mindfulness and visualization audio.

Check-In

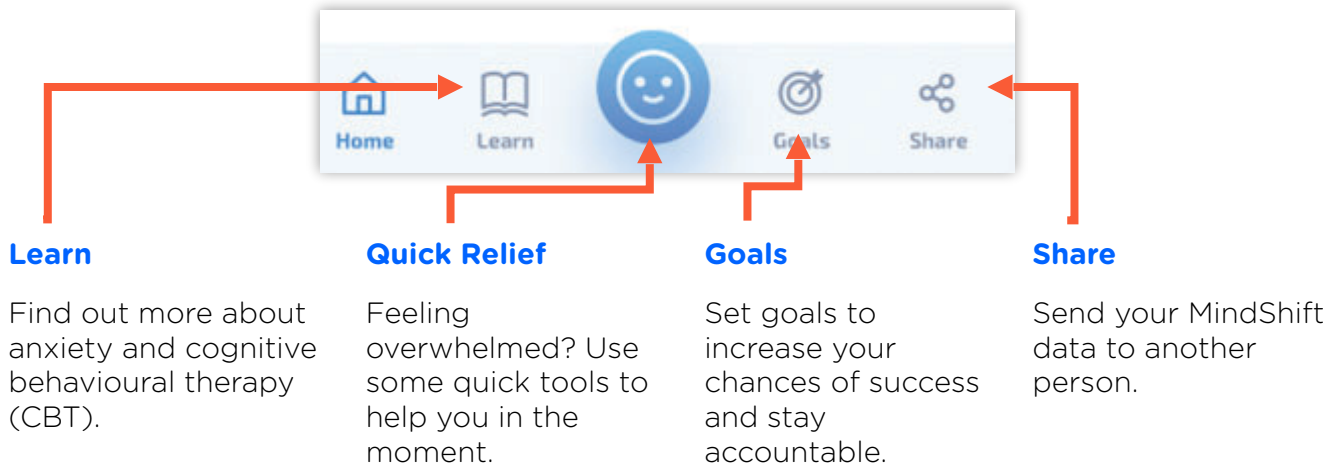
Start tracking your anxiety. This will help you better understand your anxiety and notice changes.

Taking Action

Face your fears and engage in healthier activities.



Navigation Bar



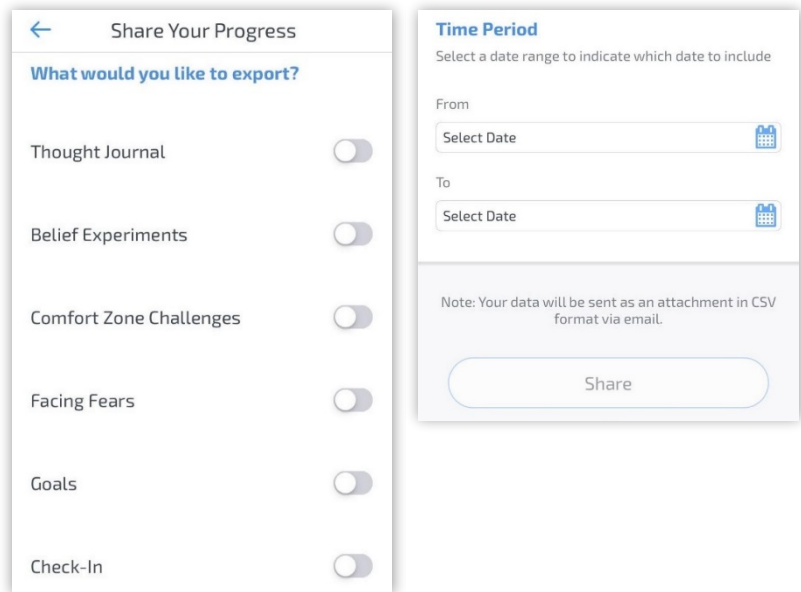
How to share data

Press the "Share" tab, as shown above, and select "Share Your Progress".

Select the tools to include in your report, select a date range, and press "Share".

You will then be prompted to send an email with your data.

Your data will be attached as a .zip file with spreadsheets for each tool.



Any questions or feedback?

Email us at mindshift@anxietycanada.com. We do our best to respond to you within 48 hours.

For more information, check out the MindShift page on our website. <https://anxietycanada.com/resources/mindshift-cbt/>

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