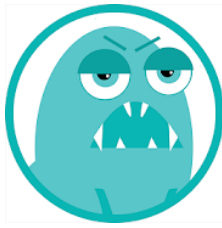


## App of the week



# Rootd - Panic Attack & Anxiety Relief

In times of uncertainty, it is natural to experience feelings of anxiety and worry. Rootd is an app that has been developed to support people to overcome anxiety and panic attacks. It has a number of different features that are free to access and helpful in regulating your breathing and restoring feelings of calm.

**Breathr tool**  
Guided deep breathing exercises.



**Understanding lessons**  
Learn about what happens to the body and mind when you experience anxiety and panic attacks.

**Body scan tool**  
Guided body scans and visualisation exercises.

### The rootr

Two guided paths to relieving anxiety. The “Help me feel ok” button gives you a list of true facts about panic attacks and anxiety, and the “Let’s do this” button gives you prompts that encourage acceptance of the sensations you experience to increase courage in facing them. Both routes have options to either read or listen to the prompts.