



Is anxiety getting in the way of your life? MindShift™ CBT uses scientifically proven strategies based on cognitive behavioural therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Get the tools to tackle:

- Worry • Panic • Perfectionism • Social Anxiety • Phobias •

MindShift™ CBT Features:

CBT-BASED TOOLS

Interactive cognitive-based tools to help you re-orient your thinking, and behavioural strategies to help you take action and make lasting positive change.

THOUGHT JOURNAL

Transform your worries into balanced and helpful thoughts by identifying and challenging thinking that keeps you trapped in anxiety.

COPING CARDS

Ease your anxiety in the moment by re-adjusting your thinking with helpful coping statements.

BELIEF EXPERIMENTS

Learn how to set up experiments to test out beliefs that fuel anxiety.

HEALTHY HABITS

Tips to set the stage to better manage anxiety by taking better care of yourself.

CHECK-IN

Keep track of your anxiety and mood over time with graphs and journal entries.

QUICK RELIEF

When you need anxiety help fast, use these quick and easy tools to help you take a breath, ground yourself, shift your thinking, and take steps to cope.

GOAL SETTING

Tools and tips to help you set and accomplish important life goals and keep anxiety in check. Reminders to keep you motivated and on track.

FACING FEARS

Overcome your fears by gradually facing them in small manageable steps.

EXPANDING YOUR COMFORT ZONE

Build your confidence by consistently doing new and challenging things.

CHILL ZONE

Listen to audio recordings of guided relaxation and mindfulness meditations to help you get, and stay, in a more relaxed and mindful headspace.



Scan to
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the app!



Available in English and French

anxietycanada.com
604 620 0744

