

Meditation, Stress Reduction *and* Relaxation

Wellness Mobile Apps

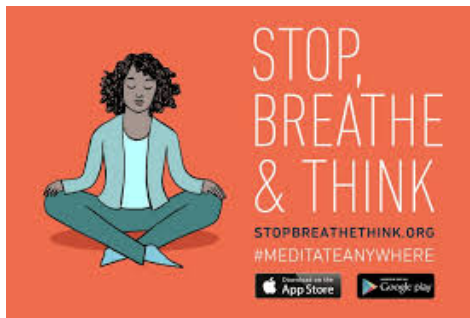


Benefits of Meditation

- Reduce stress and anxiety
- Get a better night's sleep
- Increase your self-awareness, see different perspectives
- Become a more effective leader
- Achieve mindfulness, tackle different life challenges
- Become a better listener through improved focus

Considerations for Wellness Apps

- Be aware of the app's privacy policy
- High consumer rating does not necessarily mean it is a high-quality app
- Check background of the app's founders
- Consider your personal needs; what works best for you?
- Apps should not replace the care of licensed mental health professionals



Stop, Breathe & Think

(iPhone/Android/Website, subscribe to unlock features)

This app is helpful for users who wish to analyze how they are feeling physically, emotionally, and mentally. The app emphasizes meditation/breathing & transforms daily emojis into meditation recommendations.



Headspace

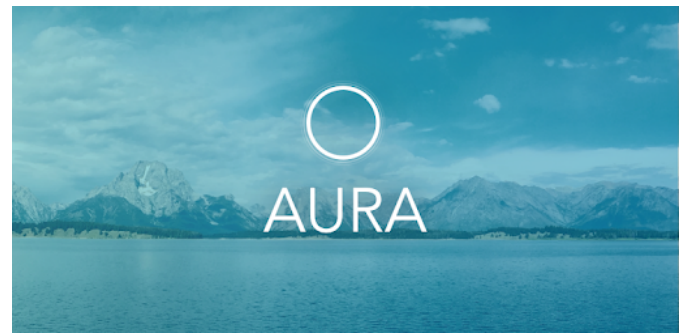
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Headspace provides mini sessions for the user to learn specific techniques (ex. Body Scan, Visualization, Noting, etc.). The animations help the user identify what it is they wish to gain from using the app.



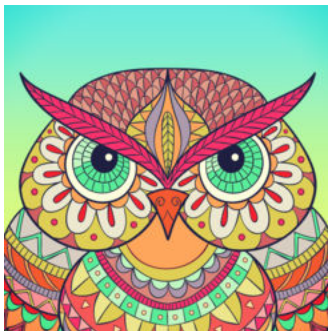
Breathe2Relax (iPhone/Android, FREE)

Breathe2Relax offers various breathing exercises for mood stabilization, anger control, and anxiety. This app gives a user the opportunity to practice deep breathing that accompanies provided educational readings/videos.



Aura (iPhone/Android, 7 days FREE)

Aura allows the user to enter their current emotion for personalized activities which include mindfulness meditations, life coaching sessions, a gratitude journal, short stories, and more. The app encourages positive mindsets and getting in touch with one's emotions.



Colorify (iPhone/Android, FREE)

Let's get creative! Colorify lets a user express themselves and relax with different categories of blank pictures to fill in. Publish your creations and enjoy yourself with this fun app!



MindShift

MindShift (iPhone/Android, FREE)

Specifically for teens/young adults, this portable anxiety coach provides users with helpful techniques for thinking right, chilling out, and taking steps to cope with anxiety.



Simple Habit

(iPhone/Android, subscribe to unlock all features)

This app is helpful for users who want to make meditation a habit. A user can track their progress in terms of anxiety and stress relief, self-improvement, resilience, and overall well-being.



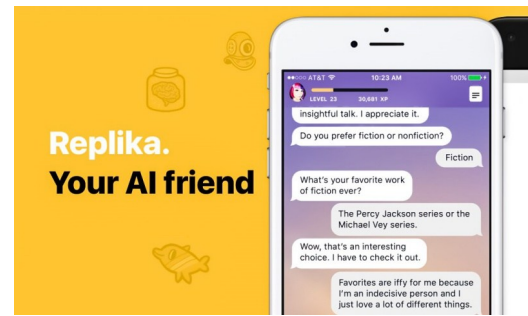
Insight Timer (iPhone/Android, FREE)

Insight Timer gives users almost 10,000 free guided meditations in the form of talks, interviews, and podcasts that range between under 5 minutes to over 30 minutes. The app also has different music stations and journaling opportunities for its users.



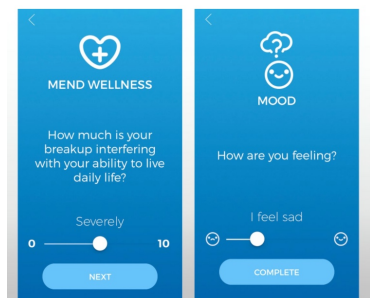
Calm (iPhone/Android/Website, 7 days FREE)

Meditations range between 3-25 minutes where a user may track their progress with streaks. The app provides days of happiness, self-esteem, and gratitude, as well as sleep stories and a variety of music stations.



Replika (iPhone/Android, FREE)

Befriend an AI (Artificial Intelligence) bot in this app and explore the safe space that is created by user interactions with the bot. A user may practice social and communication skills while sharing their concerns and thoughts with a new virtual friend.



Mend (iPhone, 7 days FREE)

This app has been described as a “self-care app for heartbreak”; it can be used for the end of all relationships and/or friendships, not just romantic. The app provides daily audio guidance, journaling activities, self-reflection questions, and advice.



7 Cups (iPhone/Android/Website, FREE)

7 Cups connects a user with a licensed professional to talk through daily problems. A user can choose their own qualified listener to cover a wide array of topics. However, the app **does not replace** professional help!