

## Mindfulness Apps

1. **Simple Habit**- Is a 5-minute meditation app designed to help busy people stress less, achieve more, and live better. Our sleep & wellness therapy sessions offer meditations, coaching, motivational guides, and bedtime stories by world renowned experts, personalized for the way you live your life. We'll help you feel less stressed, get a better sleep and be your best self whether you only have 5 minutes or 30 minutes. Be happier in your life, marriage, parenthood, work and health. **Available for iOS/Android.**
2. **InsightTimer**- Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more. Music tracks from world-renowned artists. Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. With 80+ new free guided meditations added daily, more meditation is practiced on Insight Timer than anywhere else. Great for both beginners and experienced practitioners. **Available for iOS/Android.**
3. **SmilingMind**- Smiling Mind is a FREE mindfulness meditation app developed by psychologists and educators to help bring balance to your life. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind. Our programs are designed to assist people in dealing with the pressure, stress, and challenges of daily life. We offer programs for: 16 - 18 yo, Adults, Sport, Mindfulness in the Classroom, Mindfulness in the Workplace, Sleep Program. Put a smile on your mind today! **Available for iOS/Android.**
4. **Stop, Breathe, and Think**- Stop, Breathe & Think is an award winning meditation and mindfulness app that helps you find peace anywhere. It allows you to check in with your emotions, and recommends short guided meditations, yoga and acupressure videos, tuned to how you feel. Our personalized meditation and mindfulness experience won the 2017 Webby People's Voice Award for Best Health App, and has been featured by the Today Show, Apple, Cosmopolitan, Marie Claire and many more. At Stop, Breathe & Think, we believe that taking a few minutes each day to feel the calm is as important as regular exercise. If we can help more of you develop this simple habit and regularly find peace of mind, we're doing our part to help make the world a better place. Meditation made easy with: Over 55 tailored meditations, customizable meditation timer with choices of chimes and soundscapes, customizable breathing timer to focus and find calm, meditate to start and end your day, tracker for your emotions pre and post meditation, sharing for friends. **Available for iOS/Android.**
5. **UCLA Mindful**- With this easy-to-use app, you can practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center. Scientific research shows mindfulness can help manage stress-related physical conditions, reduce anxiety and depression, cultivate positive emotions, and help improve overall physical health and well-being. Mindfulness is the practice of training the mind to be present through moment-to-moment awareness of our thoughts, feelings, body sensations and environment. Mindfulness promotes an attitude of openness, curiosity, and a willingness to be with our experience. Through regular practice, taught through this app, you can develop a meditation practice and learn to bring more mindfulness into your daily life. This app offers: Basic Meditations for getting started, in both English and Spanish, wellness meditations for people suffering from challenging health conditions, informative videos exploring how to get started, supportive meditation postures, and the science of mindfulness, weekly podcasts from UCLA's Hammer Museum-- a 30 minute meditation on different themes you can search for and bookmark, a timer to meditate on your own. **Available for iOS/Android.**

6. **Ten Percent Happier-** Want to sleep better, be more mindful, improve your relationships, and become just about ten percent happier? This is the app for you. Our guided meditations, videos, talks, and sleep content will help you build (or boost) your meditation practice, and stick with it. The app contains: Video and meditation combos that make it fun and straightforward to learn to meditate, a library of 500+ guided meditations on topics ranging from anxiety to parenting to focus, ensuring that you can find exactly the right meditation for the moment, a sleep section filled with relaxing meditations that make it easy to fall (and stay) asleep. Bite-size stories, wisdom, and inspiration that you can listen to while on the go, or for those moments when you're not feeling like meditation but want some mindfulness. **Available for iOS/Android.**
7. **Lotus Bud-** Propel your mindfulness practice from the cushion into the world. Modeled after a practice in Buddhist monasteries, Mindfulness Bells are a powerful practice to remind you of your intention to be mindful. Activate the Mindfulness Bell and it sends you gentle reminders randomly throughout the day. Turn it on, then as you're going about your day, a bell and notification will remind you to be mindful of what you're doing at a random intervals. Great for reminding yourself of your mindfulness practice while at work, commuting, at school or wherever your life takes you. Lotus Bud Mindfulness Bell keeps you present throughout the day and Lotus Bud Meditation Timer helps you with your establish a regular sitting practice. Lotus Bud Meditation Timer and Lotus Bud Mindfulness Bell compliment each other wonderfully. **Available only for iOS.**
8. **Daily Yoga-** More than 100 yoga and meditation classes to help people from all levels. A whole series of beginner-friendly tutorials to help you find a different and better self in only 2 weeks. We help you keep records of all your practices within Daily Yoga. Look back in time, you will be amazed by what you have accomplished. Daily Yoga has the biggest worldwide yoga community. Ask questions about yoga, make new friends to practice or simply share your yoga moments, let's witness the miracles together. Need some graceful and beautiful tunes to make you more peaceful or efficient? Look no further! Here, you can get all the music you need to find the serenity in your heart. **Available for iOS/Android.**
9. **Oak-** Oak helps the monkey-minded decompress by transforming meditation practices from experiments into habits. We support you from your first session to your 500th, with mindful, loving-kindness, and sleep meditations as well as unguided sessions and breathing exercises. Individualize your meditations by duration, and customize with silence or calming background sounds. Oak tracks your progress and encourages you to continue building a healthy meditation practice. **Available only for iOS.**
10. **Calm-** Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule. Sleep Stories are bedtime stories that are guaranteed to lull you into a deep and restful slumber. Calm has 100+ exclusive Sleep Stories for adults and children alike, featuring well-known talent such as Stephen Fry, Matthew McConaughey, Leona Lewis, and Jerome Flynn. Drift off to dreamland and wake up refreshed. **Available for iOS/Android.**
11. **Aura-** This mindfulness app provides the user with daily micro-meditations that last only three minutes apiece. Aura helps users relieve stress and anxiety with a technologically advanced, simple,

and effective meditation platform. It was created by some of the best and most sought-after meditation teachers and therapists, and personalized by AI. Aura allows users the option to keep a gratitude journal, track moods throughout the day, and listen to the sounds of nature. It even makes meditation into a game, as it allows you to level up as you learn and participate in daily challenges. This may be the right app for you if you have limited time throughout the day to practice your meditation.

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