

# Mindfulness Apps

## 1. Headspace: Guided Meditation and Mindfulness

Meditation made simple. Guided meditations to help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress.



## 2. Stop, Breathe & Think: Meditation and Mindfulness

Stop, Breathe & Think is a favorite mindfulness and meditation app that is simple, fun and easy to use. Check in to how you are thinking and feeling, and get recommended guided meditations tuned to your emotions.

## 3. Take a Break! – Guided Meditations for Stress Relief

You can enjoy the deep relaxation, stress relief and benefits of meditation now with this app. You can also listen to relaxing music and nature sounds.



## 4. Calm: Meditation techniques for stress reduction

A simple mindfulness meditation app which will help you relax and stay calm anywhere, including at home or school. 25 calming sounds also help you to fall asleep faster and help you cope with stress and anxiety.

## 5. The Mindfulness App: Meditation for Everyone

Start your journey to a more relaxed and healthier state of mind with The Mindfulness App. Whether you are just starting out or experienced in meditation, The Mindfulness App will help you in your daily life.





## 6. Relax Lite: Stress and Anxiety Relief

Effective and rapid stress relief in 5 minutes.

Guided breathing and meditation exercises use calming music to help you relax and reduce stress.



## 7. Smiling Mind

Smiling Mind is modern meditation, to help bring balance to people's lives. Just as we eat well and stay fit to keep our body healthy, meditation is about mental health and looking after the mind.



## 8. Omvana – Meditation for Everyone

Omvana has a large collection of meditations and tracks to help you relax. Can help people who are new to meditation by providing the right guidance.

## 9. Sattva – Meditation Timer & Tracker

Sattva is the world's first advanced meditation timer and tracker with challenges, trophies and guided meditations to inspire you to meditate everyday!



## 10. Sleepfulness

Sleepfulness is full of mindfulness tracks to help you not only get to sleep but also improve the quality of the sleep that you have.

You can choose to listen to tracks at four different times of your day: Going To Sleep, When You Can't Sleep, Waking Up & Daytime. And all of them support the quality of your sleep and therefore the quality of your day