

Mindfulness Apps



Calm

Just opening this app puts you in a calming mood. The pictures are absolutely beautiful and the ambient sounds are reason enough to have it downloaded. There are also features like a breathe bubble, sleep stories, and focused meditation. This app is a great one to have no matter where you are on your meditation journey.



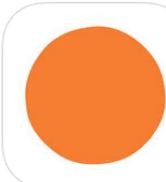
10%
Happier

A clear, simple approach to meditation. Designed for skeptics, built to help you keep it going.



Stop,
Breathe, &
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.



Headspace

Get the most out of your day with the Headspace app. We'll help you perform at your best through the life-changing skills of meditation and mindfulness.



Simple
Habit

Simple Habit is the best meditation app for busy people. Meditate for just 5 minutes/day to reduce stress, improve focus, sleep better, relax faster, breathe easier, and more.



Mindshift

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.



YogaGlo

Yoga and Meditation, anytime and anywhere.



3 Minute
Mindfulness

Feel happier, calmer and more at peace in just 3 minutes.



Smiling
Mind

Trying to incorporate mindfulness into your daily life? This app can help you launch into a regular practice of mindfulness meditations. There are several programs, broken down by age group (ranging from age 7 to adult). It tracks how often you are meditating and provides guided practices as well.



Happify

How you feel matters. Whether you're feeling stressed, anxious, depressed, or you're dealing with constant negative thoughts, Happify brings you effective tools and programs to take control of your emotional wellbeing.