

Practice Meditation and Mindfulness

The Mindfulness App

Cost: Free, Subscriptions available (\$9.99/month, \$59.99/year)

Description: Start your journey to a more relaxed and healthier state of mind. The Mindfulness App will help you become more present in your daily life.



Mindfulness

Cost: Free

Description: Control your emotions, face life with more positivity, and overcome anxiety and stress with exercises, techniques, and sessions that will keep you more relaxed, with more energies, and the best attitude.



#Mindful

Cost: Free, patronage subscriptions available

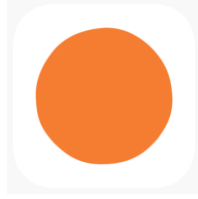
Description: Enjoy a daily dose of mindfulness when you need it most. Different messages remind you to take pause and be present to the beautiful experience of life.



Headspace

Cost: Free, Subscriptions available (\$12.99/month, \$69.99/year)

Description: Headspace is your guide to everyday mindfulness in just a few minutes a day. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, exercise and productivity.



Ten Percent Happier Meditation

Cost: Free, Subscriptions available

Description: Through guided meditations, videos, talks, and sleep content, Ten Percent Happier will help you build (or boost) your meditation practice, and stick with it.



Insight Timer- Meditation App

Cost: Free, Subscriptions available (\$9.99/month, \$59.99/year, \$399.99/unlimited)

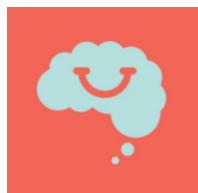
Description: Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers. Learn to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.



Smiling Mind

Cost: Free

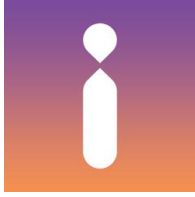
Description: Smiling Mind is a mindfulness meditation app developed by psychologists and educators to help bring balance to your life. The available programs are designed to assist people in dealing with pressure, stress, and challenges of daily life.



INSCAPE: Meditation and Sleep

Cost: Free, Subscriptions available

Description: This app help you reduce stress & anxiety, improve focus, and sleep better using daily mindfulness meditations, breathing exercises, music and sounds.



Balance: Meditation

Cost: Free, Subscriptions available (\$11.99/month, \$49.99/year, \$199.99/unlimited)

Description: Improve your stress, sleep and more with the world's first personalized meditation program.



Simple Habit: Meditation App

Cost: Free, Subscription available

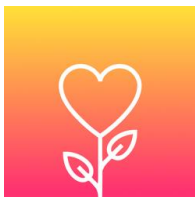
Description: Simple Habits wellness and sleep therapy sessions offer guided meditation & mindfulness, daily motivation, guided sleep sessions and coaching by world-renowned experts, personalized for the way you live your life.



Gratitude Happiness Journal

Cost: Free, Subscription available

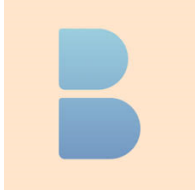
Description: Practicing gratitude helps one realize there are so many reasons to be grateful and elevates our self-esteem. When you feel good and are happy with who you are, you will find that this attitude also raises how you view your own life and the world around you.



Breathe: Meditation and Sleep

Cost: Free, Subscriptions available (\$12.95/month, \$89.95/year, \$149.95/unlimited)

Description: De-stress, sleep better, get happier & be healthier with guided meditations, soothing music, nature sounds, masterclasses and much more.



Improve Mood and Symptoms of Depression

Sanvello

Cost: Free, Subscriptions available (free to everyone during COVID-19 crisis)

Description: Sanvello helps you understand you. Providing you with clinically validated techniques, Sanvello helps you manage your mood and thoughts, so you can better understand what works for you to feel better.



Motivation-Daily Quotes

Cost: Free, Subscriptions available (monthly, yearly or lifetime)

Description: Positive reminders are one of the simplest and most powerful tools for mental growth. Motivation includes a wide range of topics and hundreds of customizable quotes.



Moodpath

Cost: Free, Subscription available

Description: Moodpath is your personalized mental health companion. Find a place to reflect and get information, encouragement, and guidance.



Manage Stress and Anxiety

Stop, Breathe & Think

Cost: Free, Subscriptions available (\$9.99/month, \$58.99/year)

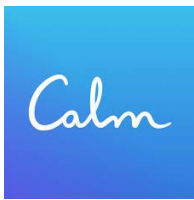
Description: Check in with your emotions and practice short guided meditations, yoga and acupressure videos, tuned to how you feel. Access over 20 free activities or unlock premium content by subscribing to a premium membership.



Calm

Cost: Free, Subscriptions available (\$69.99/year, \$399.99/unlimited)

Description: Calm is the #1 app for sleep, meditation, and relaxation. Users experience better sleep, lower stress and less anxiety with Calm's guided meditations, sleep stories, breathing programs, stretching exercises and relaxing music.



Aura

Cost: Free, Subscriptions available (\$11.99/month, \$94.99/year, \$399.99/unlimited)

Description: Whether you're stressed, anxious, great, or having trouble sleeping, simply tell Aura and find strength & rest. With thousands of empowering & resonating audio tracks, Aura has just what you need every day, and constantly learns what works for you.



Harmony Hypnosis Meditation

Cost: Free, Subscriptions available (\$8.99/month, \$49.99/year, \$149.99/unlimited)

Description: Discover how to become calm and confident using meditation, hypnotherapy, and self-hypnosis. Harmony Hypnosis will enhance your ability to relax, sleep well and focus. It also works to reduce anxiety, stress and tension.



Happify: For Stress & Worry

Cost: Free, Subscriptions available (\$14.99/month, \$139.99/year)

Description: Happify's activities and games can help you overcome negative thoughts, stress, and life's challenges. The techniques are developed by scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy for decades.



ACT iCoach

Cost: Free, Subscriptions available (\$8.99/month, \$49.99/year, \$149.99/unlimited)

Description: ACT iCoach is a comprehensive app that covers all aspects of acceptance and Commitment Therapy. Learn and practice ACT skills using video lessons and fun animations which helps you remember skills longer.



Moodnotes: Mood & CBT Tracker

Cost: Free, Subscriptions available

Description: An easy mood tracker and journaling app to capture your mood and help you improve your thinking habits. Moodnotes empowers you to track your mood over time, avoid common thinking traps, and develop perspectives associated with increased happiness and well-being.



Youper

Cost: Free, Subscriptions available (\$59.99/year)

Description: Created by a team of doctors, scientists, and engineers, Youper uses artificial intelligence (AI) to personalize various techniques to you. Overtime, your conversations with Youper will help you understand yourself, improve your relationships, feel more balanced and happier.



Breathe2Relax

Cost: Free

Description: Breathe2Relax is a portable stress management tools which provides exercises to help users learn how to stabilize their mood, reduce anxiety and decrease the body's fight-flight-freeze stress response.



Sanity & Self: Stress Relief

Cost: Free, Subscriptions available (\$9.99/month, \$59.99/year)

Description: True self-care is taking care of YOU from the inside out. From managing anxious thoughts, learning to self-love, gain confidence or combat insomnia, Sanity & Self is here to guide you through.



Shine: Calm Anxiety & Stress

Cost: Free, Subscriptions available (\$11.99/month, \$53.99/year)

Description: Learn a new self-care strategy every day, get support from a diverse community and explore an audio library of over 500 original meditations, stories, and music to help you shift your mindset or mood.



Luminosity Mind

Cost: Free, Subscription available (\$59.99/year)

Description: Luminosity Mind delivers clear and approachable mindfulness practices for you to enjoy. Focus on what matters most with daily meditations based on your interests and experience, that help you gain attention, relaxation, and focus.

