

Mindfulness Resources



Calm

Apple's 2017 App of the Year!

- Rating: 4.8/5
- Guided meditations in a variety of topics, such as anxiety, stress management, and sleep issues.
- Mood check-ins, progress tracking, and non-meditation activities like deep breathing.
- <https://www.calm.com/>



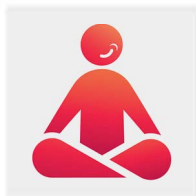
Happify

- Rating: 4.5/5
- Focuses on “positive psychology”, while using principles of mindfulness and Cognitive Behavioral Therapy to help combat negative thinking, anxiety, stress, and worry.
- <https://www.happify.com/>



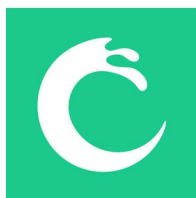
Stop, Breathe & Think

- Rating: 4.8/5
- Free guided activities including meditation, deep breathing, yoga, and acupressure.
- Customizable.
- Allows you to track your mood before and after an activity.
- <https://www.stopbreathethink.com/>



Ten Percent Happier

- Rating: 4.7/5
- Billed as “Meditation for Fidgety Skeptics” this program provides education on the research behind meditation as well as brief guided exercises.
- <https://www.10percenthappier.com/>



Pacifica

- Rating: 4.7/5
- Allows user to track their mood, thoughts and goals over time
- Guided exercises including deep breathing and muscle relaxation
- <https://www.thinkpacific.com/>