

Mobile Apps for Mindfulness/ Grounding Techniques



Aura (Apple Store/ Google Play) - Free

- Personalized Wellness & Mindfulness App
- "Relieve stress & anxiety with a 3-minute guided meditation session every day"



Calm (Apple Store/ Google Play) - Free

- Meditate, Sleep, Relax- Great for beginners
- Guided meditation sessions in varying lengths of time to fit busy schedules



Headspace (Apple Store/ Google Play) - Free

- Great explanation on rationale for mindfulness
- Guided mindfulness meditation exercises
- 10 minutes per day



Happify (Apple Store/ Google Play) - Free

- Science-based activities and games to reduce stress
- Guided meditation exercises



10% Happier (Apple Store/ Google Play) - Free

- Meditation for Fidgety Skeptics
- Aims to help with anxiety and sleep using simple techniques



Smiling Mind (Apple Store/ Google Play) – Free

- Help deal with "pressure, stress and challenges of daily life"
- Programs by age are available (7yrs +)
- Includes mindfulness specifically for the classroom and workplace



Stop, Breathe, & Think (Apple Store/ Google Play) - Free

- Learn to deepen awareness of thoughts and emotions
- Basic breathing exercise to more cognitive meditations



Moodnotes (Apple Store only) - Free

- Track your mood and identify what influences it
- Learn about "traps" in your thinking and how to avoid them
- Increase self-awareness and provides new perspective

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Mindfulness Coach – Free (iPhone; iPad)

- Guided, self-guided program
- Understand and adopt a simple mindfulness practice

Smiling Minds – Free (web app available)

- Meditation for all ages
- Practice daily meditation and mindfulness exercises from any device