



COVID-19

Relaxation apps

All apps are free with in-app purchases.

Smartphone app	How it supports mindfulness
Calm	<p>Calm provides mindfulness and meditation experiences. Experience a five minute daily calm exercise, focus on breath awareness, select a meditation program, and learn about mindfulness and its effect on sleep. You can also change the scenery and sounds through a menu of options.</p> <p>*Visit https://www.calm.com/blog/take-a-deep-breath for free meditation and relaxation resources related to COVID-19,</p>
Headspace	<p>Headspace makes it easy for people just learning the art of meditation. Their level one course features easy, 10-minute sessions for each day that will help you get into the habit of meditating regularly. There are reminders, and you can choose to focus on aspects like foundation, health, and performance.</p> <p>*The free series “Weathering the Storm” is available for all healthcare providers, educators and workplace teams during the epidemic plus all providers with an NPI receive access to Headspace Plus throughout 2020.</p>
InsightTimer	<p>Insight Timer has helped thousands of people cultivate peace of mind, improve sleep quality, and manage stress and anxiety. It is great for both beginners and practiced meditators, and TIME magazine voted it as one of the best meditation apps of the year.</p>
Smiling Mind	<p>Smiling Mind is a nonprofit that was created to increase happiness and compassion in the world, and this app is one step toward that goal. With programs designed by age group, this app is great for kids, teens, and adults.</p>
Relax Melodies	<p>Relax Melodies is designed with a good night’s sleep in mind. If you have difficulty getting to sleep or feeling rested in the morning, then this is the app to try. Beyond sleeping, the app is great for any situation that requires calming sounds or music, like yoga, massage sessions, or just simple relaxation.</p>
Take a Break	<p>The Take a Break app allows you to do just that — take a break. You can choose between a short break or a longer meditation break. Both options allow you to choose with or without music and, if you are new, there are easy instructions for how to get started.</p> <p>The app was designed to give users a quick and uncomplicated break to help relieve stress whenever you need it.</p>