

WAYS 2 CALM

APPS THAT HELP CALM PEOPLE DOWN, ESPECIALLY NEURODIVERSE KIDS!



BREETHE

Breethe (Breethe is your own personal mindfulness coach, and you can see results in just five minutes flat. With over 1,500 stories and guided meditations, you can combat anxiety, sleep more soundly, or reduce stress using the curated sounds and bedtime visualizations, among other features)

7 CUPS

7 Cups (Anxiety and Stress Chat is an anonymous forum that allows anyone to connect with support through trained listeners and strangers. The app also has a 7 step support program and also gives the opportunity to help others online through their listener training programs)



SATTVA

Sattva (draws from Vedic principles of meditation and features meditations, chants, and mantras delivered by Sanskrit scholars. Simple, authentic, and deep meditations begin at 6 minutes in length, and users can set goals to slowly extend their practice. You can also track your progress with the meditation journal and browse thought collections and playlists designed to inspire your sessions)



THE MINDFULNESS APP

The mindfulness app (education beginners and gurus alike will find lots of options with The Mindfulness App. A 5-day guided practice and introduction to mindfulness helps you get started, and timed guided or silent meditations from 3-30 minutes will suit your busy lifestyle. The app also offers personalized meditation options, reminders to keep you mindful throughout the day, and statistics to track in your meditation journal)

SIMPLE HABIT



Simple habit (Getting into the habit of daily meditation doesn't have to feel like a big ask. This app offers a huge range of 5-minute exercises to help you get into consistent meditation no matter why you want to. Featured on Shark Tank in 2017, this app has a growing database of meditations for any time of day, any personal situation, and any goal)

MY LIFE MEDITATION



My life meditation (Previously known as Stop, Breathe & Think, the meditation recommendations on this app are based on your emotions. Use the app to help identify how you're feeling, then tame your anxiety, reduce stress, breathe deeply, or sleep better with the short, guided meditations, yoga videos, and acupressure videos. You can also track your mood and overall progress, and check in with yourself daily)

INSIGHT TIMER



Insight timer (More meditation is practiced on Insight Timer than anywhere else, and the app has 10 or more free guided meditations added every day. Browse thousands of meditations to begin building a simple daily habit, jump into discussion groups and community features, and use the music tracks and ambient sounds to calm your mind and promote sleep)

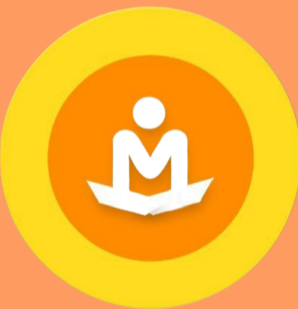


IBREATH

Ibreathe (Too busy to meditate? Then you need to try this app. It offers meditation courses that last as few as 5 minutes to help reduce stress, anxiety, tension, and much more. It's one of the few apps that's also designed to help teens and young adults learn about how stress and pressure can affect their physical and emotional health, providing tools that teens (and anyone!) can use throughout their lives to continue living a life of mindfulness)

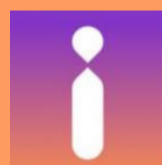
SMILING MINDS

Practice your daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. We suggest 10 minutes a day



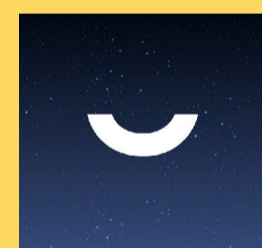
LETS MEDITATE

Let's meditate (Whether you need a 5-minute breather or a long, 45-minute meditation session to unwind from the day, this app has options for you. You can also download different courses for sleep, reducing anxiety, relieving stress, and more so that you can have access to your favorite courses no matter where or what)



INSCAPE

INSCAPE (is an all-purpose meditation app for a variety of scenarios where you may just want to stop and breathe. Feeling anxious? Stressed? Can't sleep? Angry? Had a bad commute? This app has meditation features that can help you address the range of emotions that may have you feeling like you just need a minute or two out of the day to get back in control of your mood and center yourself)



PZIZZ

Pzizz (helps you quickly quiet your mind, fall asleep, stay asleep, and wake up refreshed. ... Choose a time to wakeup and let Pzizz quickly quiet your mind, put you to sleep, keep you asleep, and wake you up transformed)



HEADSPACE

Headspace

Headspace (The app offers to paying customers sets of guided meditations aimed at tackling problems related to anxiety, sleeplessness, and relationships. As such, Headspace comes across as something like a self-help app. But the introductory sessions are more general and less focused on helping users solve particular problems)



OAK

Oak (Just need a quick meditation fix? This app has several quick exercises to help you calm down, get to sleep, or feel at peace. The app also tracks how long each session lasts, how many breaths you've taken, how many sessions you've done, and much more)

MEDITATION STUDIO

Meditation Studio (We all have different needs when it comes to meditation. Meditation Studio has a wide selection of meditation practices for different goals: try meditation for health, kindness, happiness, curiosity, or just generally feeling more calm. You can also create your own meditation plan if you want a little bit of everything)



10% HAPPIER



10% happier (Want to sleep better, be more mindful, improve your relationships, and become just about tenpercent happier? This is the app for you. Our guided meditations, videos, talks, and sleep content will help you build (or boost) your meditation practice, and stick with it)

CALM



Calm (named the 2017 iPhone app of the year by Apple itself, promises to help users sleep better, boost confidence and reduce stress and anxiety, all with the help of guided meditations, soothing music, and bedtime stories)

SLEEP CYCLE

Sleep Cycle (uses sound analysis to identify sleep states, using your microphone as a sleep recorder, tracking your movements in bed)



PRANA BREATH

Prana breath (Prana Breath is an advanced training app that's easy to use but gives you plenty of options to increase your meditation practice over time by number of minutes or by the goal you want to achieve, such as improving your memory or reducing how often you get sick. The app also features meditation routines for quitting smoking and tackling emotional eating)

WAKING UP



Waking up (Sam Harris is a New York Times best-selling author and public intellectual who's written about many topics related to the mind, body, and spirituality. Now, he's taking on meditation with a huge collection of science-backed meditation courses and other resources that can help you master mindfulness, including integration into your health apps and additional educational tools about philosophy, selfhood, and free will)

CLICK ON PICTURE

TO TAKE YOU TO THE APP

