



APPS

Listed below are some apps primarily geared toward mindfulness and breathing techniques for stress reduction. Many students find them helpful and you may want to experiment with them to see if they are useful to you too. You can also look in the app store to check out other similar options, both free and for a fee.

Mindshift – free app (for iPhone & Android); helps you learn how to relax, develop helpful ways of thinking, & identify active steps to take charge of your anxiety. It provides a tailor-made toolbox for different anxiety provoking situations & how to better overcome anxious feelings and calm down in common stressful scenarios like test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict. Note the *chill out tools* section which includes a set of relaxation exercises, visualization activities and mindfulness strategies.

Stop, Breathe, Think - award winning mindfulness and meditation app (for both iPhones and androids). Free to use for the basic meditations with customizable interactive components (check-ins, trackers, & additional in-app purchases).

MyCalmBeat is a free app available for both androids and iPhones created by MyBrainSolutions.com. It's described as a brain exercise that helps you manage stress by controlling your breathing. They explain that it applies biofeedback technology to teach users to control their personal breathing rates to achieve greater calm and alleviate stress.

Headspace – is a fee based app available for both androids and iPhones, however it does offer a free ten day trial so you can check it out first. The app provides guided meditation and has many aspects that can be customized.

Breathe Well – is a free app available for both androids and iPhones. It is described as presenting a three phase guide to deep breathing based on the principles of meditation, using music and visuals to guide you to slower deeper breathing. The exercise phases can be customized using the settings section.

Mindfulness Coach is a free app put out by the Veterans Administration for iOS devices (iPhones for example) to help in the practice of mindfulness meditation. Practicing mindfulness means grounding yourself in the present moment. Mindfulness has been shown to be helpful for reducing stress and coping with unpleasant thoughts and emotions. The Mindfulness Coach app was developed by the VA to help people with Post Traumatic Stress Disorder, but mindfulness meditation can be practiced by anyone interested in using this strategy to reduce stress and practice mindful meditation. If you like the app but don't have PTSD, just ignore the parts of the app that don't apply to you.

Doasone.com is a free website with different forms of guided breathing. Different “rooms” offer different breathing techniques/experiences. Some allow you to change the background color, add sounds, and add focus words. There is also a doasone smartphone app for iOS devices which costs \$1.99 if you want to get the app for your iPhone.

Relax Melodies: Sleep Sounds – with this app you can select sounds and melodies that you like, combine them and adjust the volume of each sound to create a mix. You can create different mixes if you like. You can also add meditations especially designed for sleep. This app also has an upgraded fee based version if you like it and are interested in expanding it.

CBT-I Coach – is a free app developed by the Veterans Administration (you don't have to be a veteran to use it!) offering research based cognitive behavioral strategies to improve sleep habits and decrease insomnia.