



## Mindfulness Apps and Downloads

When selecting digital tools for relaxation and mindfulness, remember they should support you in these three qualities:

- **Awareness**
- **Attention**
- **Action**

### Recommended Apps:

- **The Mindfulness App** by MindApps (\$2.99) <https://itunes.apple.com/au/app/the-mindfulness-app/id417071430?mt=8> (*Comprehensive selection of duration and type of mindfulness meditations*)
- **Insight Timer** <https://insighttimer.com/> (*Free meditations by many teachers (to listen to Pam Ressler's meditations follow her here: <https://insighttimer.com/pam>)*)
- **Pause** by UsTwo (\$1.99) <https://itunes.apple.com/us/app/pause-relaxation-at-your-fingertip/id991764216?mt=8> (*Tai chi and relaxation for the mind and hands*)
- **Calm** <https://itunes.apple.com/us/app/calm-meditation-to-relax-focus/id571800810?mt=8> (*Meditation to relax, focus and sleep better*)
- **Simply Being: Guided Meditation and Relaxation** by Meditation Oasis (\$1.99) <https://itunes.apple.com/us/app/simply-being-guided-meditation/id347418999?mt=8>
- **Stop, Breathe, Think** by Tools for Peace <https://itunes.apple.com/us/app/stop-breathe-think/id778848692?mt=8> (*This is a particularly helpful app for kids*)
- **Headspace App** (free for limited app, subscription \$7.99 per month for 1 year subscription) <https://itunes.apple.com/us/app/headspace-on-the-go/id493145008?mt=8>

### Recommended Downloads:

- **Stress Resources Downloads** (body scan, yoga, short meditations without music) <http://www.stressresources.com/resources/>
- **Raising Resilience Podcast with Pam Ressler** (<https://www.stressresources.com/raising-resilience-podcast>)
- **UCLA Mindfulness Awareness Research Center** has a number of free downloads of various mindfulness meditations <http://marc.ucla.edu/body.cfm?id=22>
- **The Center for Contemplative Mind in Society** free audio downloads of mindfulness meditations of various lengths type <http://www.contemplativemind.org/practices/recordings>