

PAID MINDFULNESS APPS

Calm

- The mediation area offers breathing exercises, daily meditation, several multi-day programs, and unguided and guided meditations. Sleep stories include archival records of multiple speakers, classical and ambient music.
 - 7-Day Free Trial
 - Yearly = \$69.99
 - Calm for Life = \$399

Headspace

- Version 2 which began in 2014, focuses on four key areas once the user completes the foundational stage. The four key areas are health, performance, relationships, and headspace pro. The app uses gamification to encourage users to complete and master a level of meditation before moving on to a more advanced section. Each session is about ten minutes long, and usually in audio format.
 - Monthly = \$12.99
 - Annual - First 14 days free = \$69.99

Breethe

- Breethe gives you the most ways to tune out, wind down, and drop off, including meditations, hypnotherapy, tapping, sleep stories, bedtime visualizations, music, and sounds.
 - Monthly = \$12.99
 - One year = \$89.99
 - Two year = \$179.99
 - Lifetime = \$399.99

PAID MINDFULNESS APPS (CONT.)

Insight Timer

- The app features guided meditations, music, and talks posted by contributing experts (Jack Kornfield and other notable mindfulness experts are on this). The app features the most extensive free library of guided meditations with over 27,000 titles provided by experts such as neuroscientists, psychologists, mindfulness teachers, as well as lectures from Stanford, Harvard, and Oxford University. In 2019, there were nearly 5 thousand professional meditation and musical teachers on the app, there is also a large community aspect to Insight timer's model.
 - Monthly = \$9.99
 - Yearly = \$59.99

Stop. Breathe. Think.

- Helps users cope with stress, anxiety, depression, and insomnia. The program provides textual information on how to meditate, along with 27 free meditation audios lasting 2-20 minutes.
 - All Ages + Kids Monthly = \$9.99
 - All Ages + Kids Yearly = \$58.99
 - All Ages + Kids Lifetime = \$249.99

PAID MINDFULNESS APPS (CONT.)

Savello

- Think of it as your feel-better toolkit, including therapy, mood tracking, designed by experts to help you feel better. Best of all, the Savello journey is customizable to you. The app checks in with how you're feeling so you can track your emotions and progress over time. As patterns are identified, Savello will provide customized tools, rooted in cognitive behavioral therapy, to keep you on the path to feeling better.
 - Monthly = \$8.99
 - Yearly = \$53.99
 - Lifetime = \$199.99

FREE MINDFULNESS APPS

Breathe2Relax

- A portable stress management tool that provides detailed information on the effects of stress on the body and instructions and practices exercises to help users learn the stress management skill called diaphragmatic breathing.

Virtual Hope Box

- Designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking.

CBT-i Coach

- For people who are engaged in Cognitive Behavioral Therapy for insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. The app will guide you through the process of learning about sleep, developing positive sleep routines, and improving your sleep environment.

PTSD Coach

- Designed for those who have, or may have, PTSD. The app provides you with education about PTSD, information about professionals are, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.

FREE MINDFULNESS APPS (CONT.)

ACT Coach

- Aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them. In ACT, you are encouraged to commit to actions so that you can live your life by your values, even in the face of these unpleasant experiences.

Mindfulness Coach

- Mindfulness Coach 2.0 was developed to help Veterans, Servicemembers, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.

Mindshift CBT

- Free self-help anxiety relief app that helps you reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.