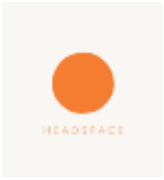


There's an App for that!



Headspace

Free (in app purchases)

“Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day.”



Guided Mind

Free

“Relax and get guided through meditations on a variety of topics dealing with the stresses and challenges of day-to-day life.”



Stop, Breathe, and Think

Free

“A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.”



Calm

Free

“With Calm you’ll discover how taking a few moments out of your day can make you happier and healthier”



Mindshift

Free

“MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.”

