









## Relax with Apps


Meditation and Mindfulness		
Aura		<p>Aura provides short and sweet, personalized mindfulness meditations, life coaching, stories, and music whenever you need to make you happier.</p> <p>Free (offers in-app purchases)</p>
Buddhify		<p>Buddhify is here to help you bring more calm, clarity and kindness to all parts of your life. Whether you're looking to reduce stress and anxiety, or get a better night's sleep buddhify has easy-to-follow guided meditations to help you live happier and healthier.</p> <p>\$4.99 (offers in-app purchases)</p>
Calm		<p>Experience lower stress, less anxiety, and more restful sleep with guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music.</p> <p>Free (offers in-app purchases)</p>
Headspace		<p>Get the most out of your day with the Headspace meditation app. We'll help you focus, breathe, stay calm, perform at your best and get a better night's rest through the life-changing skills of relaxation, meditation and mindfulness.</p> <p>Free (offers in-app purchases)</p>
Insight Timer		<p>Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. Guided meditations and talks led by the world's top mindfulness experts, neuroscientists, psychologists and meditation teachers from Stanford, Harvard, Dartmouth and the University of Oxford.</p> <p>Free (offers in-app purchases)</p>
Simple Habit		<p>Simple Habit is the best meditation app for busy people. Meditate for just 5 minutes/day to reduce stress, improve focus, sleep better, relax faster, breathe easier, and more.</p> <p>Free (offers in-app purchases)</p>
Mindfulness Daily		<p>A complete set of tools lovingly designed to support your commitment to practice mindfulness daily. We make it easy to fit meditation into your daily routine to get its benefits such as reduced stress/anxiety, better sleep, manage pain and increase performance.</p>

		Free (offers in-app purchases)
Stop, Breathe, & Think		Stop, Breathe & Think, the app for meditation & mindfulness, has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations, yoga and acupressure videos, tuned to how you feel.
		Free (offers in-app purchases)
Meditation Studio		Reduce stress, ease anxiety, improve sleep, and boost confidence; it's all here. Enjoy guided meditations on topics from happiness to performance, plus meditations custom made for moms, teens, kids and more.
		Free (offers in-app purchases)
Breeth		This meditation app includes hundreds of daily meditations, and a wide variety of other guided meditations to help you deal with specific issues such as weight loss, insomnia, anxiety, work performance, trouble sleeping, etc. It even has a mindfulness program for kids.
		Free (offers in-app purchases)
Shine		The Shine app is your support system for daily stress and anxiety. Learn a new self-care strategy every day, get support from a diverse community, and explore an audio library of over 500+ original meditations, bedtime stories, and ambient music to help you shift your mindset or mood.
		Free (offers in-app purchases)
<b>Coloring</b>		
Colorfy		Paint mandalas, patterns, animals, florals, and thematic images from our artists - or upload your own drawings and give them even more life!
		Free (offers in-app purchases)
Pigment		You can choose to "tap and fill" or immerse yourself in Pigment's unique coloring experience that lets you color like you would on paper, with 24 different pencils, markers and brushes. Get creative with the watercolor and pastel tools, use markers, colored pencils and even oil paint!
		Free (offers in-app purchases)

<p>Recolor</p>		<p>Recolor offers an opportunity to channel the anxiety into satisfying, creative accomplishment and is the perfect way step back from the stress of everyday life.</p> <p>Free (offers in-app purchases)</p>
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**Movement**

<p>Down Dog: Yoga, HIIT, 7 Minute Workou, Barre</p>		<p>Each time you use the app, Down Dog will mix up the workout so you never have to repeat a flow. (BTW, the free version is great, and you're not missing much if you opt out of the pro membership.) Best for: People who get bored easily.</p> <p>Free to download; \$7.99 per month for pro membership</p>
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<p>C25K</p>		<p>C25K (Couch to 5k) works because it starts with a mix of running and walking, gradually building up strength and stamina to fully running 5K.</p> <p>Free (offers in-app purchases)</p>
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