

Mindfulness Apps Worthy of Your Attention

General Mental Health Apps

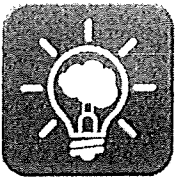
What's Up



What's up is an amazing free app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the "Get Grounded" page, which contains over 100 different questions to pinpoint what you're feeling, and the "Thinking Patterns" page, which teaches you how to stop negative internal monologues. Try it out for yourself.

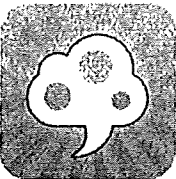
Anxiety Apps

Mind Shift



Mind Shift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.

Self-Help for Anxiety Management (SAM)



SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.

CBT Thought Record Diary



The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.

Stress Apps

Stigma



Stigma

The journal component of Stigma is considered one of the best in a crowded field. The app's word cloud technology recognizes which words you use the most when writing down your feelings allowing you to reflect on why these are your go-to emotions. We also love the app's social network dimension, which allows users to connect with peers through messaging. You can share your journal too and get feedback if you'd like support from others.

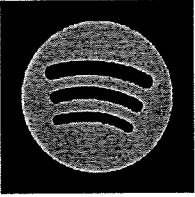
Happify



Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. The best part? Its free!

Guided Meditation

Spotify



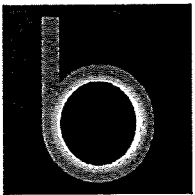
Through a search for “meditation” you can find playlists that will talk you through meditative sessions and mental imagery that can be used to create a more peaceful and relaxing mental state. You can create the state you want, meaning that you can actually change how you are feeling by changing your focus. Even very young children can learn this skill by linking images in their minds with feelings and experiences.

Aura



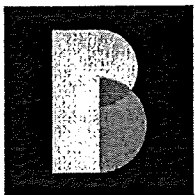
This mindfulness app provides the user with daily micro-meditations that last only three minutes apiece. Aura helps users relieve stress and anxiety with a technologically advanced, simple, and effective meditation platform. It was created by some of the best and most sought-after meditation teachers and therapists, and personalized by AI.

Breethe



Breethe is a free app that follows users throughout the day, from the time they wake up to the time they go to sleep. It provides them with supportive tools and guidance to help them stay on track with their meditation practices throughout the day. It offers five-minute meditations, along with tips for overcoming pressure, feeling love, and living with intention and inner peace. It is fully customizable, making it a user-friendly app to help support your practice. This app includes a new “My Place” feature that puts all the app’s content at the user’s fingertips, allowing the user to set favorites, explore any new or popular features, and get relevant recommendations.

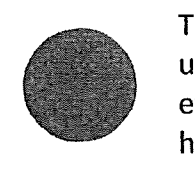
Buddhify



With this mindfulness app, meditation sessions are organized by theme according to where you are in your day. It is widely known to be one of the best apps for anxiety, and is personalized depending on what you’re up to, from waking up, commuting or taking a quick break at work to dealing with stress or having trouble falling asleep. It comes with over 80 custom meditations for you to explore that have been created by experts in the field.

Buddhify is great for people in the modern working world who tend to be on the go.

Headspace



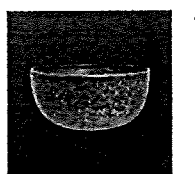
The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day.

Calm



Named by Apple as the 2017 iPhone App of the Year, Calm is quickly becoming regarded as one of the best mental health apps available. Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you’ve never tried meditation before or regularly practice, you’ll find the perfect program for you.

Insight Timer



The app features over 4,000 guided meditations from over 1,000 teachers, on topics such as self-compassion, nature, and stress, in addition to talks and podcasts. If you prefer a quieter meditation, you can always set a timer and meditate to intermittent bells or a calming ambient noise.