

PROGRAMS AND APPS FOR RELAXATION/MEDITATION

The top 4 are currently listed as free programs. They will give you the option to upgrade to a paid plan, but you don't have to. Though some will require you to enter a credit card for the free stuff - I probably wouldn't do that. Sometimes they will get insistent and I'll unsubscribe and find another plan to use.

There are also a ton of free meditations and relaxing music/video combos on youtube.com. Just enter Relaxation audio + ocean sounds, etc., into the search bar.

Smiling Mind <https://www.smilingmind.com.au/>

From their website: Mindfulness is the goal with Smiling Mind, a free meditation app developed by psychologists and educators that offers a wide variety of programs for all ages. Particularly if you feel anxious about the coronavirus or your kids feel stressed about disruptions to their everyday normal lives, this is an app that will have solutions for the whole family. *Current corona virus related program: Thrive Inside is a special COVID-19 initiative to help you proactively support your psychological wellbeing while you're spending extended periods of time at home.*

Insight Timer <https://insighttimer.com/>

This app says it is the “#1 free app for sleep, anxiety and stress.” Free library.

Stop, Breathe, Think <https://www.stopbreathethink.com/>

Website says: Find Peace Anywhere.

From Oprah mag review: Though many meditation apps require your credit card number before offering anything truly helpful, the Stop, Breathe & Think app has a fairly robust slate of meditations completely free. Every time the app is opened, it invites you to check in with your feelings; you fill out a quick survey that leads you to a choice of meditations tailored to your needs on that particular day. 20 free programs you can use.

Sanvello <https://www.sanvello.com/>

Described as the #1 app for stress, anxiety and depression, with over 3 million users. Free premium access through the Covid-19 crisis.

Kaiser Permanente review on 14 meditation apps, + video by NBA star Chris Paul. <https://wa-health.kaiserpermanente.org/best-meditation-apps/>

8 more apps that you can purchase, and a link to the Oprah article that reviews them. Some are quite affordable.

<https://www.oprahmag.com/life/health/g29861798/best-meditation-apps/>

Another great idea: Make your own relaxation audio! Hearing your own relaxed, loving voice can be powerful. You might write up your cues, put on background music, and go!

Hawk meditation: Fashioned from a client's ideas, especially for Covid-19 challenges. <https://soulsavvy.net/wp-content/uploads/2020/04/Hawk-4-3-20.mp3>

That should get you started! Let me know how it goes, and other apps you love!

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