

# Daily Mindfulness + Stress Relief

## Smartphone Apps



### Breathe2Relax

Provides instructions on breathing exercises. *(Pairs with Apple Watch to monitor heart rate.)*



### Healthy Minds Program

Helps build a daily mindfulness habit through guided practice.



### Insight Timer

Guided meditations offering a variety of teachers and styles



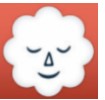
### Mindfulness Daily

Establish a daily mindfulness practice by providing reminders at intervals



### Smiling Mind

Encourages mindful living throughout your day



### Stop, Breathe & Think

Provides a variety of meditations you can choose from based on how you are feeling



### 10% Happier

Meditation program for “fidgety skeptics” *(Free trial and then monthly fee)*



### UCLA Mindful

Meditations, a recording of singing bowls, weekly podcast on varying wellness themes.

## Websites



[www.chopra.com](http://www.chopra.com)



[www.dailygood.org](http://www.dailygood.org)



[www.mindful.org](http://www.mindful.org)



[www.gratefulness.org](http://www.gratefulness.org)



[www.palousemindfulness.com](http://www.palousemindfulness.com)



[www.healthjourneys.com](http://www.healthjourneys.com)