



MINDFULNESS - THERE'S AN APP FOR THAT!

Mindfulness is a useful skill that anyone can learn to help live life more fully, reduce stress and cope with the many demands modern life brings. It might seem unusual to think about using a smart phone or tablet as a way of bringing calm and balance into your day rather than checking social media, emails or gaming, but it's a great way to get started with mindfulness or continue your journey. There are many good resources out there that can be adapted to the way we live now and can be applied at work, home or even when you are on the move. Here are some of most highly rated apps and webs around at the moment.

www.bemindfulonline.com - An easy to follow online course, with step by step guidance using video instruction. Can be done over 4 weeks or at your own pace. Produced by the Mental Health Foundation with a published research study on its effectiveness. Cost - £30.
Last checked June 2017

www.headspace.com – a good app and website with useful information on anxiety, stress etc. It offers 10 free short mindfulness meditations with excellent graphics, mindful reminders etc. There is an option to subscribe for further learning. Cost – Free
Last checked June 2017

www.calm.com - Meditation to relax, focus and sleep. App and website. Calm is similar to Headspace in its setup with a free seven-day course of guided-meditation exercises. There are individual sessions lasting between two and 20 minutes, and “unguided” sessions using music and nature sounds. There is an option to subscribe for further learning. Cost – Free
Last checked June 2017

www.buddhify.com The meditation sessions are organised by theme depending on what you are doing i.e. waking up, taking a work break, feeling stressed, dealing with difficult emotions or struggling to get to sleep. There are more than 80 tracks to explore, so plenty of choice to find something you find helpful. Cost - £3.99 for iOS and £1.99 for Android.
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www.themindfulnessapp.com An accessible app with a decent catalogue of meditation tracks with and without guidance, ranging from three to 30 minutes in length. As with Headspace and Calm there's a free introductory series to get you up and running and some other meditations included in the download price. There is an option to subscribe for further learning. Cost - Free
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