



## mindfulness RESOURCES

### SMART DEVICE APPS

#### **headspace**

**Headspace** is an app that features meditations and mind exercises that will teach you the mindfulness and meditation essentials.

#### *Calm*

**Calm** is another popular app for beginners in meditation, and it also includes exercises for more advanced users. Aside from short, guided meditation sessions and stories to help you sleep better, there is also a whole collection of soothing sounds and scenes to help “calm” you!



**Centre for Mindfulness Studies** is an app developed by a Toronto Mindfulness Centre which uses the same techniques used in their in-centre programs. The app is focused on strong mental health and even allows you to download mindfulness activities to do while offline!



**Aura** is a mindfulness app that allows you to personalize your meditations. By asking your questions, it creates mindfulness meditations for you based on your needs!



**STOP, BREATHE & THINK** is another app offering a personalized meditation and mindfulness experience. The app has customized tools that deliver meditations based on your current emotions and feelings.

#### **The Mindfulness App** Meditation for everyone

**The Mindfulness App** is free and works nicely for meditation beginners and professionals. It is set out to start with a 5-day introduction which includes meditations from 3 to 30 minutes.



**10% Happier** is an app that works to keep meditation fun and realistic! It releases video and meditation content to help you deal with typical stressors, all while working to bust the myth of ‘meditation is worthless’.

## WEBSITES



**Mindful.org** is a website full of personable videos, articles, meditations, and advice. It is up-to-date on current events and you can even sign up for its newsletter!



**MyFreeHamilton.ca** is a website that provides information on what mindfulness is, techniques to use, gives wellness resources, and specific mental-health resources.



**SmilingMind.com.au** is a family-friendly mindfulness website that features a new family toolkit, articles, mindfulness at work content, and even has a free app to try as well!

