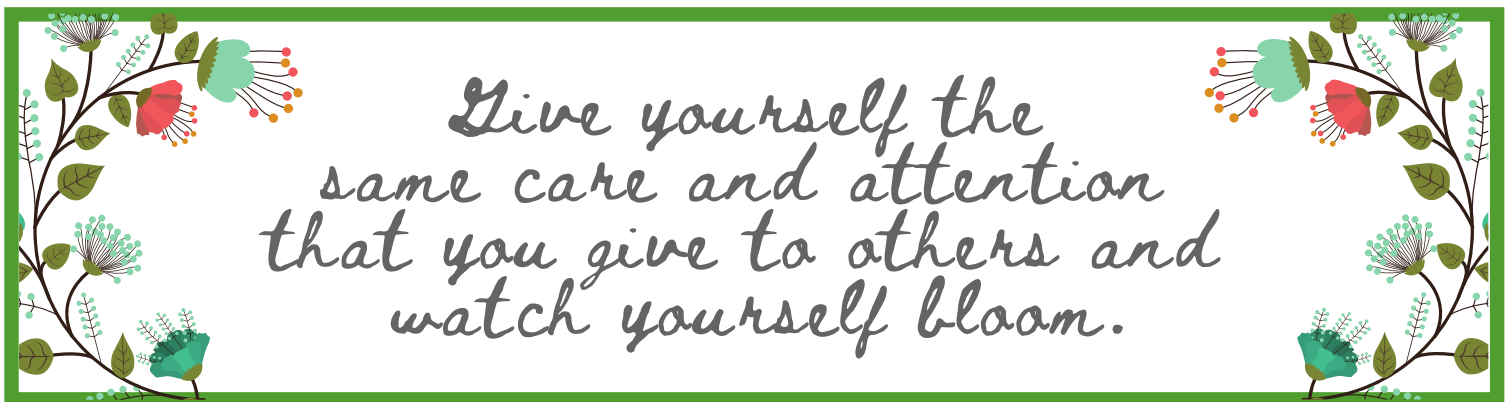


# NONPHARMACOLOGIC MANAGEMENT: MEDITATION / MINDFULNESS APPS

*Many apps are available for free, although more advanced options may require a fee.*

- **Breathing Zone** — Relaxing mindful breathing exercises
- **Buddhify**—Meditations on the go
- **Calm**- Meditation, mindfulness, and sleep stories
- **Happify** —Reduce stress, anxiety and negative thinking to improve emotional well-being
- **Headspace** —Meditation and sleep
- **HealthJourneys** —Guided imagery, meditations and affirmations with wide range of titles, including in Spanish
- **The Mindfulness App** — Five day introduction to mindfulness with guided meditations
- **Mindfulness Coach** —Designed by US Department of Veteran’s Affairs to reduce stress, anxiety, depression and pain
- **Mindfulness Daily** — Helps establish a daily mindfulness practice three times daily
- **Pause** —Focus, energy, clarity: Meditate through mindful moments
- **Stop Breathe & Think** —Personalized meditations with a breathing timer and tools to track progress
- **Stress Free Now Meditations (Cleveland Clinic)** — Includes mindful breathing, body scan, letting go, loving kindness, others



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