

# Mindfulness apps for adults

Our lives are busier than ever. Our stress levels are higher than ever. As a habitual practice, meditation is a powerful tool to help train and relax your mind and body.

Here are 8 apps to help encourage redirect and focus your thoughts.



## Insight Timer

Insight timer is a free app for sleep, anxiety and stress. It also offers paid courses to help expand your mediative practice.



## 1 Giant Mind

1 Giant Mind teaches you how to meditate in 12 easy steps and helps you to start feeling happier, more energised and less stressed.



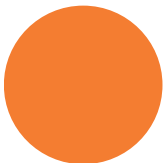
## Smiling mind

Smiling Mind is a free mindfulness meditation app developed by psychologists and educators to help bring balance to your child's life.



## Breath+

Breath+ is a breath training app that helps you to visual your breathing to calm your mind and body.



## Headspace

Headspace is dedicated to improve mental health providing meditation for sleep, stress, anxiety and even movement.



## Calm

Calm is a complete source of mediative practices whether you are lacking focus, anxious, stressed out or can't sleep.



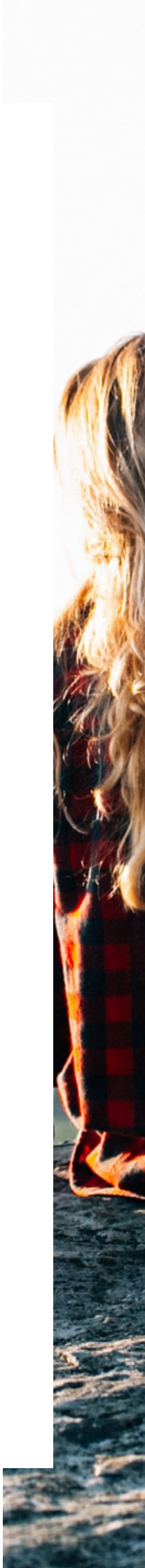
## Unplug

Unplug provides tools to learn how to mediate, courses to take your meditation to the next level and challenges to keep up the practice.



## Ten Percent Happier

10 Percent Happier app is ideal for beginners with live and recorded mediation lessons.



# Mindfulness apps for kids

For children, meditation and mindfulness can help reduce anxiety, improve coping mechanisms, enhance focus and quiet the mind.

Here are 8 apps to help encourage relaxation and mindfulness.



## Smiling mind

Smiling Mind is a free mindfulness meditation app developed by psychologists and educators to help bring balance to your child's life.



## Headspace

Designed to help kids develop more helpful ways of thinking, and become proactive in dealing with anxiety-inducing situations.



## Breathe, Think, Do With Sesame

Adorable monster de-stresses kids especially in the moments they are struggling with a particular problem.



## Mindful Powers

Mindful Powers offers a holistic approach to helping young minds learn and practice mindfulness.



## Wellbeyond

Wellbeyond Meditation for Kids is a magical app that helps children cultivate mindfulness.



## Sleep Meditations for Kids

Guides children to the creative part of their mind through a number of carefully scripted story meditations.



## Kids Yogaverse

Beautiful, easy-to-use apps that introduce yoga to kids through rich storytelling, fun pose instruction, and simple relaxation techniques.



## Super Stretch Yoga

Super Stretch is a fun, interactive yoga app created for kids, used by the whole family.

