



Meditation Apps

Explore these free guided meditations. Some are as short as one minute, while others take you through a series of meditative exercises. You'll find guided meditations, soothing music, and mindfulness tips available free of charge for you. They also have additional resources accessible through paid memberships. Here is a brief explanation of each app and a sample of a meditation in each app that would be excellent to use as you groove.

Calm: <https://www.calm.com/>

This app has three main categories: decrease stress, sleep better and mindfulness. You can access many of these free, after creating your membership account. You do not have to put in a credit card to create the account.

This meditation is found in the Meditate section of the App. There are also Sleep, Music, For Work, Wisdom, Calm Kids, and Movement sections from which to choose the meditation or exercise you need in the moment.

Sample = "Pump the Brakes on Stress" Grounding Exercise led by Jay Shetty

This is a two- minute guided meditation designed to help you slow down and perhaps ease the racing thoughts by connecting the body to the breath. The process connects your focus on your breath with your fingers. On the inhale, gently curl the fingers into an easy fist and on the exhale, release the fingers. Try to continue this breathing and finger curl and relax cycle for two minutes or more.

Insight Timer: <https://insighttimer.com/>

Guided meditations, articles, music in four main categories: Sleep health, Mental Health, Peak Productivity, Spiritual Health. Sign up for free using the "Get Started" button on the main landing page. Create your own account and download the App.

Sample = Spiritual Health

Under Spiritual Health in the Chanting and Mantras section you can browse a variety of featured meditation tracks such as Divine Connection, Energy, Love, Awakening and Music. In the Energy category, there is a Yoga Nidra: Freedom Nature 30-minute track. It takes you through a unique way of connecting to the five senses in an also

Healthy Minds Program-Meditation App: <https://hminnovations.org/meditation-app>

This app uses both seated and active meditations in a combination of podcast lessons. Interested in what science says about the brain? You'll learn while you develop ways to unlock ways to boost your well-being.

Sample = progressive muscle relaxation

Smiling Mind-App: <https://www.smilingmind.com.au/smiling-mind-app>

Based in Australia, this app was originally designed for kids and schools. This app focuses on mindfulness. Smiling Mind suggests you complete 10 minutes of one of the meditations each day.

Sample = Mindfulness

