

Technology Tips for Communication & Balance

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THERE'S AN APP FOR THAT:

Relaxation

Insight Timer

- Free meditation app featuring more than 4,000 guided meditations from over 1,000 teachers—on topics like self-compassion, nature, and stress—plus talks and podcasts.
- **Accessibility:** Available for iOS and Android

Aura

- Meditation app that provides a new, personalized, three-minute meditation everyday. Asks you how stressed, optimistic, and interested in mindfulness you are.
- Has Mindful Breather feature, where you synchronize your breath to an animated circle that expands and contracts.
- **Accessibility:** Available for iOS and Android, fee-based content

Omvana

- Meditation app with a "6 Phase Meditation" guide which provides a guide through different practices over the course of 20 minutes including forgiveness, gratitude, and connection.
- **Accessibility:** Available for iOS and Android, free and fee-based content

Stop, Breathe, & Think

- Meditation app that helps to explain what mindfulness is, why it's beneficial, and covers some of the neuroscience of mindfulness and the physiology of stress. There is a progress page that keeps track of how many days you have meditated and your emotions.
- **Accessibility:** Available for iOS and Android, free and fee-based content

Calm

- Meditation app that has different sounds to provide a sense of relaxation along with guided meditations and "sleep stories" – bedtime stories for adults
- **Accessibility:** Available for iOS and Android, free and fee-based content

Headspace

- Meditation app. "Meditation made simple". Guided meditations with content for all ages, children to adults. Themed meditations from stress to sleep.
- **Accessibility:** Available for iOS and Android, free and fee-based content

Gratitude: Happiness Journal

- Allows you a place to free write (journal) on your phone, wherever you are, in a moment's notice
- **Accessibility:** Available for iOS, free and fee-based content

Health

Sleep Cycle

- Improves your rest by waking you in a natural way in the lighter part of your sleep cycle
- Analyzes your sleep patterns to provide you with objective data on your sleep patterns (length of sleep, time spent on each part of the cycle, snoring, percentage sleep)
- **Accessibility:** Available for iOS, Android, free with in-app purchases

Map My Walk/Map My Run

- Tracks your walking/running data including steps, mileage, path/route and adds data so that you can see how far you've walked/ran each week, each month and annually
- **Accessibility:** Available for iOS, free with in-app purchases

FitBit

- Track steps, sleep, exercise, water, weight loss, food, heart rate
- Can connect with friends, offers incentives via badges and trophies
- **Accessibility:** Available for iOS, android, windows, free with in-app purchases