****

# Mindfulness Apps and Downloads

When selecting digital tools for relaxation and mindfulness, remember they should support you in these three qualities:

* **Awareness**
* **Attention**
* **Action**

**Recommended Apps:**

* **The Mindfulness App** by MindApps ($2.99) https://itunes.apple.com/au/app/the-mindfulness-app/id417071430?mt=8 *(Comprehensive selection of duration and type of mindfulness meditations)*
* **Pause** by UsTwo ($1.99) https://itunes.apple.com/us/app/pause-relaxation-at-your-fingertip/id991764216?mt=8 *(Tai chi and relaxation for the mind and hands)*
* **Calm** https://itunes.apple.com/us/app/calm-meditation-to-relax-focus/id571800810?mt=8 *(Meditation to relax, focus and sleep better)*
* **Simply Being: Guided Meditation and Relaxation** by Meditation Oasis ($1.99) https://itunes.apple.com/us/app/simply-being-guided-meditation/id347418999?mt=8
* **Stop, Breathe, Think** by Tools for Peace https://itunes.apple.com/us/app/stop-breathe-think/id778848692?mt=8

*(This is a particularly helpful app for kids)*

* **Headspace App** (free for limited app, subscription $7.99 per month for 1 year subscription) https://itunes.apple.com/us/app/headspace-on-the-go/id493145008?mt=8

**Recommended Downloads:**

* **Stress Resources Downloads** (body scan, yoga, short meditations without music) http://www.stressresources.com/resources/
* **Medivate** (free tools) http://medivate.com/
* **UCLA Mindfulness Awareness Research Center** has a number of free downloads of various mindfulness meditations http://marc.ucla.edu/body.cfm?id=22
* **The Center for Contemplative Mind in Society** free audio downloads of mindfulness meditations of various lengths typehttp://www.contemplativemind.org/practices/recordings