

# Mindfulness & Well Being Apps



## Healthy Minds

Free, focuses on Davidson's Four Pillar of Well Being, Awareness, Insight, Connection & Purpose. Guided and can be done while active.



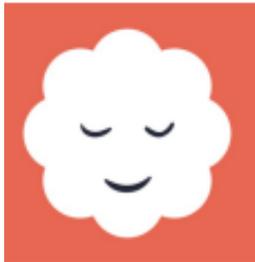
## Mindfulness App

Free, but have to navigate past subscription screen. 3,5,10 day programs, beginner's program leaders in the field offering Meditations. Highly ranked by Guided Healthline.



## UCLA Mindful

Free, 3-30 min, informative "Getting Started" section. Fewer meditations, but more information on research.



## MyLife Meditation: **Mindfulness**

Free, gives some education after Asking how you are doing. App Suggests an experience based On your response.



## 10% Happier

Free series "The Basics" other offerings with a fee. Innovative Education component. App is for "Fidgety skeptics."



## Smiling Mind

Free, many structured programs like mindful foundation, sleep, Relationships, 5-15 minutes.



## Breathe 2 Relax

Free limited app that teaches Diaphragmatic breath affectively. Strong education section.



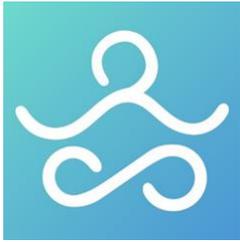
## Insight Timer

Free (but navigate around subscription screen). Can follow people you like (Jack Kornfield, Tara Brach, Sharron Salzburg)



## Headspace

Free trial then \$70/yr. Ranked #1 meditation app by Wirecutter (NYT), widest variety, best guided section for beginners. Your "Mindfulness "Personal Trainer."



### [LIGHT for Cancer: Meditation](#)

\$2.99 month or \$45.99/yr., Meditation app by Light Inc., meditations created especially for cancer warriors, suitable for all levels, including beginners to guided imagery meditations.



### [Buddhify](#)

\$4.99 month or \$30/yr. optional membership, guided meditations for mindfulness in different everyday scenarios, guided meditations for Walking, Stress & Difficult Emotions, Work Break, Going to Sleep, Waking Up, etc.



### [LOVING MEDITATIONS](#)

\$2.99 month or \$19.99/yr, features daily inspirations, guided meditations, breathe, work, mindfulness-based stress reduction guided imagery, and self-hypnosis. Good for those looking for easy-to-follow tools for anxiety, fear, sleeplessness and pain.



### [Aura](#)

Free, provides 3-to 10-minute meditations, this app uses machine learning to customize meditation sessions. Aura allows you to track your mood patterns over time and make entries in a gratitude journal. It also sends daily reminders to meditate.



### [Mindful Cancer](#)

Free, cancer focused mindfulness series from diagnosis day 1 to recovery.



### [CREATE TO HEAL](#)

Created by WomenWings.org, this app aims to give users the tools to practice creative therapies and stress reduction during the chemotherapy process, or while waiting to receive test results. This app features guided meditations, music, art and animations to help those in treatment for cancer to relax and tune in to their creativity.

### Websites:

[CancerCare- Meditation Exercises](#) - 2 podcasts about breath and guided imagery, articles about mind-body resources/reducing stress, free counseling regarding cancer diagnosis.

[CancerCare - Cancer Out Loud: The CancerCare Podcast](#) - Features conversations with people living with cancer caregivers and survivors about their own cancer journey and resources that can help. These podcasts talk about all aspects of being diagnosed with cancer and the emotions that go along with it.