**Top Mindfulness Apps**

There are millions of top Mindfulness applications available in the market like Calm to provide peace and calmness to the individuals. In the present decade of growing depressions and stress, the stress-buster mindfulness apps have become a need in the lives of youngsters as well as the working generation.

Work pressure, education pressure, money pressure, relationship pressure, and whatnot. Have you also faced any such stress or mental pressure that has affected your daily life? Well, many app developers have got your back with the Mindfulness applications released in the market. Even though they charge a small amount for the registration and plan subscription, the money expenditure over them is an asset with the growing mental needs and counseling and peace providers’ requirements!

With the surge in the requirement, the Wall Street Journal stated that more than 2,000 meditation applications have been launched from 2015 to 2018 with various services. Global Statistics shows that mindfulness apps accounted for about 153.6 million USD, and that is expected to increase at a CAGR of 8.3% by 2029 to reach about 341.9 million USD.

**Top Mindfulness Applications:**

These applications have managed to provide stress-relieving, better social relationships, and enhanced mental ability and memory. A happy mind keeps a happy body! And, Mindfulness apps also help in physical benefits and developments and personality enhancement with better mental health. There are several thousand such applications available in the market, but let us get a brief knowledge of the top Mindfulness applications that are most preferred and recommended:

**Insight Timer:**

This free application is the best choice of a meditation provider app. The app has in-app purchases for modified services and about 3,000 experienced mindfulness teachers for scheduling and meditating. This application provides over 25,000 guided meditations for various requirements. The application has attracted about 6 million meditating candidates with various managements including stress, relationships, and other activities. You can tune with up to 2,000 free talks with the perfect mentor of your choice. Also, there is a paid version available for more advanced courses and talks with a purchase of $59.99 per year. For the paid version, teachers are more experienced and skilled and also provide solutions for specified issues. This application has a 5-star rating in both Android and iOS.

**HeadSpace:**

Any mental suffering and lack of peace have perfect solutions with HeadSpace. This is the most popular mindfulness application available with a free trail system. The paid version that is available after the trial costs around $7.99 to $12.99 per month. The app supports various sleep sounds, SOS meditations, and a range of meditation for every age group and gender. HeadSpace provides expert solutions to enhance mental health. HeadSpace claims to reduce stress in 10 days and improve focus by 14% in just 4 weeks. A joyful life is the best one, and HeadSpace increases happiness by about 16% in just a usage of 10 days. The applications have a 5-star rating in iOS and a 4-star in Android.

**Calm:**

Staying calm is still a big deal for most of the people around. With the Calm app, there are various mind calming and peace-giving activities available like meditations, exercises, and breathing techniques too. Several guided sessions are available with a time-span of about 3 to 25 minutes with various issues resolving and providing calmness and peaceful nights of sleep with various sleep and natural soundtracks. There are various releases every day with progress trackers and 7-day and 21-day plans for beginners. This app has been awarded as the app of the year by Apple and with growing popularity; it amounts to about $250 million. Calm has been rated 5-stars in both Android and iOS.

**Smiling Mind:**

This product is available for all Android, iOS, and web. This is free to use mindfulness app with various planned programs having different contents. The programs included are – Mindful Foundations with 42 sessions, Sleep with 6 sessions, Relationships with 13 sessions, and Workplace with 41 sessions. Most of the session ranges between 5 to 15 minutes and some expert sessions are for up to 45 minutes too. The application has about 4 million downloads with varying programs and expert educators. This application is provided by a non-profitable organization and thus it is entirely free for every program.

**10% Happier:**

10% Happier is the perfect application to bring a lot more percent of happiness back in your life. This application is rater 5-stars in both Android and iOS. It releases new meditation contents every week to get the craze going-on without being bored with the same content. 10% Happier provides a 7 day free trial for the beginners and the newcomers. The app also releases various conversations of different languages from across the globe. There is a paid program available with $99.99 per year to get access to 350+ skilled mentors, and various courses to enhance focus, relieve stress, improve relationships, and many more.

**Conclusion:**

If you are looking for the right mindfulness applications and the benefits that they offer, you have come the right way. These are the top 5 mindfulness applications that are highly recommended and preferred all across the planet.