

Guided Meditation/Relaxation Apps



There is more and more evidence that regular meditation reduces stress, increases sense of well being, improves focus, and can reduce emotional and physical pain. Often times, people are intimidated by the thought of meditation, or have tried it and felt that they “couldn’t do it”. There are now a variety of apps available which offer guided meditation and relaxation exercises, which can be an easier way to start out.

Simple Habit

Meditation app. Has guided meditation/relaxation exercises from 5-15 minutes with a variety of themes (improve focus, decrease anxiety, find happiness, etc). App includes a variety of free meditations. Users can purchase a subscription for around \$12/month to unlock full version.

Headspace

Meditation app. Offers a variety of themed meditations/relaxation exercises and different lengths of times. Includes some education around learning how to meditate. Free trial included. Paid subscription with different plans available.

Calm

Meditation app, includes guided meditations/relaxation exercises, sleep stories, and calming music. Free trial to full version available. Limited version offers different themed meditation exercises. Paid subscription to unlock full version.

Pacifica

Meditation app that also includes mood/health tracking, peer support community, and assistance with goal setting. Free.

Insight Timer

Meditation app, which offers the largest available library of guided meditations. Free.

10% Happier

Meditation and mindfulness app, offers daily videos and guided meditations to help teach the importance and benefits of meditation. Free trial. Paid subscription available.

Stop, Breathe & Think

Meditation app, which also includes short activities to “check in” with your emotions. Free and (paid) premium versions available.

Mood Space

Self help app, which includes meditation, along with other “mood workouts”. Free