RELAXATION APPS

1. Stop, Breathe & Think

Stop, Breath & Think will recommend meditations for you to practice each day based on how you feel so that all you have to do is select one and hit play.

Available: iOS, Android, Web

2. Headspace

This app is for people getting started with meditation. The first level in the program teaches you meditation in easily digestible ten-minute sessions. Available: iOS, Android, Web
3. Take A Break! by Meditation Oasis

This app allows you to choose between a short or long meditation break. You can even decide to listen to the ocean, rain or even your own music if you'd like. The app also features a simple design so it is easy to use.

Available: iOS, Android, Web

4. Relax Melodies

This app is designed to help improve sleep quality. You can select sounds and melodies you like and mix them together for a playlist. You can also set an alarm so you don’t have to worry about draining your battery overnight. Available: iOS, Android, Web