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| ***Apps for Mindfulness, Meditation, and More*** |
| A picture containing drawing, man  Description automatically generated | ***Relax Melodies*** allows you to customize sound for your own meditation using dozens of nature sounds (river, rain, ocean, waterfall, wind, birds, peepers), simple melodies (flute, piano, wind chimes) and more. Offers guided meditations (including a body scan) and sleep stories. Optional subscription for premium features. |
| A picture containing table  Description automatically generated | ***Insight Timer*** has the most variety and the most free features. It offers a timer with different bell sounds for your own meditation, and 40,000 free meditations varying in length from 5 to 30+ minutes, including 8 “beginner kits.” It also offers 5 to 30-day courses on Sleep, Recovery & Healing, Stress & Anxiety, Performance, Health & Happiness, Relationships, Spiritual, and Kids.  |
| A picture containing table, drawing  Description automatically generated | ***Headspace*** offers a free Basics pack, a 10-day beginner’s course that guides you through the essentials of meditation and mindfulness. This beautifully designed app has everything including a catalog of choices for sleep, personal growth, kids and parenting, life challenges, and even workouts. It also sends you an uplifting text message during the day. Very few free features. **Currently, they are offering a free subscription for health care workers.** Subscriptions run $69.99/year ($5.99 monthly) or $12.99 monthly. |
| A picture containing outdoor, blue, water, ball  Description automatically generated | ***Calm***opens with a “take a deep breath” then a beautiful crisp scene of a lake in the mountains. It only has a few components that are free including “The Confidence Series,” 4 brief guided meditations to use before the day, before a meeting, before a social engagement, and before a performance. It sends a text during the day for you to check-in with how you’re feeling. 7-day free trial then requires subscription of $69.99/year.  |

Free Yoga:

[www.doyogawithme.com](http://www.doyogawithme.com)

[www.yogawithadriene.com](http://www.yogawithadriene.com)

Free online MBSR (Mindfulness Based Stress Reduction) course:

[www.palousemindfulness.com](http://www.palousemindfulness.com)