



# Mindfulness Apps

Here's a list of free apps you can download on your phone that can help you relax, meditate and sleep.



## Smiling Mind

Great for children and young people as well as adults, this not-for-profit app offers Australian narrated daily guided meditations and mindfulness exercises.



## My Life

From the creators of Stop, Breathe, Think, this app teaches meditations, offers wellness check ins, and personalised activities for all ages.



## Calm

This app offers unique sleep stories and activities designed to help you relax and get a goodnight's sleep as well as meditations.



## Insight Timer

A top rated app for stress, anxiety and sleep, this app offers plenty of free meditations and courses with Australian and international teachers (and some celebrities).



## Simple Habit

For those on the go, this app offers 5, 10 or 25 minute mindfulness activities from a range of teachers.

