

MINDFUL

apps

A selection of tried and tested apps that support feeling calm, which you can access from your device any time! We know that if you practice mindfulness daily over a period of weeks, it can support us to feel less worried, and we can focus our minds more easily.

Click on the logos below to go to the app store/website



Has guided meditations for free, and you can select different age groups. Has different focussed meditations to support sleep, study and stress.

Designed for teens and young adults. This app offers basic information on mindfulness, meditation, thoughts, stress and the effects of stress on the body. It offers daily reminders to "check-in" by use of.



**STOP, BREATHE
& THINK**



Insight Timer

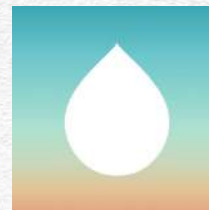
Thousands of free meditations with sleep stories and music. You can pay for subscribed topics such as dealing with anxiety, trauma, self-love, stress and sleep etc.

Both Headspace and Calm apps provide guided meditations, sleep stories, music and exercise programs, they both have free trials.



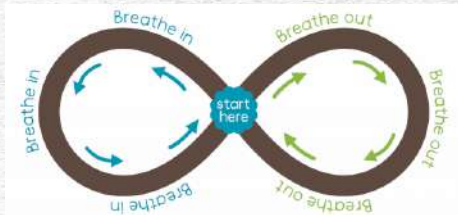
Calm is a portal to peace of mind. Complete the Daily Calm or locate a meditation more specific to soothing what you have going on.

Take a Breath is an online learning portfolio and app. It teaches you about stress, the brain, and why you need to breathe correctly, right now.



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breathing



You can trace a figure 8 on the back of your hand. You breathe in for 4, then breathe out for 4. This helps us remember the out breath.

Inhale for the count of 4, hold your breath for a count of 4, exhale for a count of 4, wait at the very end of the exhale for a count of 4. This is a deep breathing exercise which has proven to support in moments of stress and regulates the autonomic nervous system.



5 - 4 - 3 - 2 - 1
GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

 5 things you can see	 4 things you can touch	 3 things you can hear	 2 things you can smell	 1 thing you can taste
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The 54321 Ground Method

You can identify these things in the environment just where you are.

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

As you focus on the world around you, your mind will be more focussed on that as opposed to a sudden rush of anxiety. This will help slow your heart rate and control your breathing.