

FREE MINDFULNESS BASED APPS



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Free Mindfulness Based Apps

1 BREATHR

Breathr provides a variety of mindfulness based practices including guided meditations, body scans, deep breathing, five senses, and self compassion practices. It also teaches interesting facts about the brain science behind mindfulness based practices.

Developed by: BC Children's Hospital & Kelty Mental Health

2 SMILING MIND

Smiling Mind is a meditation app for young people and includes tools and guided meditations and mindfulness for adults, teens and children as young as 7 years old.

Developed by: Smiling Mind

3 INSIGHT TIMER

Insight timer is an app and website designed to provide meditation and mindfulness practices for mood, stress, self-esteem, self-compassion, sleep and yoga practices.

Developed by: mindfulness teachers across the world

4 UCLA MINDFUL

The UCLA Mindful App offers a variety of basic guided and wellness meditations.

Developed by: UCLA Mindfulness Research Centre

Mindfulness Based Apps With Free Trial (Cost for Full App Access)

1 HEADSPACE

2 CALM

3 10 PERCENT HAPPIER

Free Cognitive Behavioural Therapy (CBT) Based Apps

1 MINDSHIFT CBT

Mindshift CBT is an app designed to help provide tools for anxiety, worry, panic, perfectionism, social anxiety, and phobias. It is an interactive CBT app designed to help you identify worries and learn relaxation strategies, mindfulness, and healthy thinking and habits.

Developed by: Anxiety Canada

2 WOEBOT

Woebot is a CBT based texting app that helps you monitor your mood, learn about yourself, and provide useful strategies depending on your needs at the moment.

Developed by: Stanford University

3 THREE GOOD THINGS

Three Good Things App is a simple gratitude journal that asks you to reflect on three positive things that happened during your day to help boost positivity and self compassion.

Developed by: Asher Dale

Learn More About Mental Health & Resources

1 KELTY MENTAL HEALTH

Learn more about healthy habits and mental health topics such as anxiety, depression, and emotional regulation.

Developed by: BC Children's Hospital & Kelty Mental Health

Website: www.keltymentalhealth.ca

2 ANXIETY CANADA

Learn more about anxiety and anxiety related challenges.

Developed by: Anxiety Canada

Website: www.anxietycanada.com