

Five Free Mindfulness Apps Worth Checking Out

Insight Timer FREE: AVAILABLE FOR IOS + ANDROID

One of our favorites here at Soccer Resilience®! Insight Timer has a huge library of content: over 80,000 free guided meditations from over 10,000 teachers on topics like stress, relationships, healing, sleep, creativity, and more.



My Life Meditation FREE: AVAILABLE FOR IOS + ANDROID

This app wants to create a more deliberate, intentional experience. Each day when you open the app, you're asked to "Take a Breath" and invited to check in with yourself. The app features around 45 free sessions. For many of them, you can choose between different lengths and different teachers.



Healthy Minds Program FREE: AVAILABLE FOR IOS + ANDROID

This app wants to help you develop the skills for a healthy mind—by strengthening mental focus, decreasing stress, and growing resilience, compassion, and better immune health. This app is for the listener who's seeking guided meditations with goals to increase awareness, cognition, and well-being.



Smiling Mind FREE: AVAILABLE FOR IOS, ANDROID, + WEB

This app also has a variety of specialized programs for families, children and teens of various ages, healthcare workers, and educators; all developed with the help of psychologists and health professionals. The app wants to put a "smile on your mind" - and it certainly can!



UCLA Mindful FREE: AVAILABLE FOR IOS + ANDROID

This app features meditations of different types in English and Spanish. You can learn to focus on your breath, your body, or sounds; work with difficult emotions; and cultivate self-compassion. If you're new to mindfulness, you might choose to take advantage of their Getting Started section.

