



Free Stress Reducing Apps



Breathe 2 Relax

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body. Instructions and practice exercises help users learn the stress management skill called diaphragmatic breathing.



Calm

Sleep, meditation, and relaxation are in your hands with Calm, another popular mindfulness app. These guided meditations are perfect for complete novices through seasoned practitioners. You have options on activity length. In addition to an assortment of daily meditations, Calm features nature sounds and sleep stories.



Colorfy

Colorfy is an adult coloring book brought into the digital realm. With a selection of images and mandalas to choose from, you can spend hours in a flow state or focused meditation through this app. Pouring your attention into the beautiful designs can distract you from your anxious thoughts and help calm you down.



Mindshift

Mindshift helps manage and decrease anxiety for people of all ages and is used across the world.



What's Up?

What's Up? uses techniques from both Cognitive Behavioral Therapy and Acceptance Commitment Therapy to help users cope with issues like anxiety, depression, and anger. The app offers a diary feature with a scale for rating your emotions to help you put problems in perspective. It also includes breathing techniques and an interactive question game to keep you feeling grounded during stressful moments.



Stop, Breathe, and Think

Stop, Breathe, and Think is a daily mindfulness app that prompts you to input how you're feeling. Select your mood when you open the app and it will suggest the meditations, yoga sequences, or acupressure that could serve you best in that moment. These include deep breathing exercises, body scans, and visualizations. The check-in feature also allows you to track your moods and progress so you can examine your feelings and focus on taming or understanding those anxieties better.

