



SENIOR PLANET

Aging with Attitude

Mindfulness Apps

Mindfulness and its Benefits

- Mindfulness is the ability to be fully present, aware of where we are and what we're doing, and not overly reactive.
- Reduces stress and anxiety and improves sleep
- Improves cognition and memory
- Links to improved physical health



MINDFULNESS

Mindfulness Tech

- Apps: Stop, Breathe & Think, Headspace, Calm, Insight Timer, Buddhify, 10% Happier, and more
- Amazon Alexa and Google Home offer guided meditations.
- Wearable tech with breath and heart rate sensors
- Smart yoga mats

Stop, Breathe & Think App

- Available for iPhone and Android
- Free and subscription services
- Starts with physical and mental check-in and then makes recommendations
- Choose themes, lengths, and voice for guided meditations and breathing exercises
- Track activity on app



STOP, BREATHE & THINK