



# Mindfulness Apps

## Mindfulness and its Benefits

- Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and in a non-judgmental way.
- Reduces stress and anxiety and improves sleep
- Improves cognition and memory
- Links to improved physical health



## Mindfulness Tech

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

## MINDFULNESS

## Insight Timer

- Available for iPhone and Android
- 100,000 free meditation and music tracks
- Create a profile and connect with others from around the world or use as “guest”
- Thousands of diverse teachers
- Create meditation playlists
- Set your own meditation timers
- Live talks, yoga class, and more



## Insight Timer