

## Free Apps To Help You Relax

- **Calm**



It should come as no surprise that [Calm](https://calm.com) (calm.com) is designed to help you be calm. With stunning backgrounds that you can stare at for ages, and a range of meditations, Calm provides a space for you to get away from it all, without having to go anywhere.

- **Brain Yoga**



Brain Yoga combines the soothing effects of a meditation app with brain training games.

- **Pacifica**



[Pacifica](https://thinkpacific.com) (thinkpacific.com) is based on cognitive behavioral therapy and meditation, and has some great benefits, like tracking your mood and your health, daily goals, and a thought diary. Pacifica is great for both stress and anxiety.

- **Headspace**



[Headspace](https://headspace.com) (headspace.com) is a comprehensive meditation app, with guided and unguided meditations to help you through all phases of your life. The free app offers ten sessions, with hundreds of hours of extra content if you love it and want to subscribe.

- **Stop, Breathe and Think**



[Stop, Breathe & Think](https://stopbreathethink.org) (stopbreathethink.org) aims to give you exactly what it says in the title. The chance, and skills, to stop everything, just breathe, and think. The guided meditations cover a range of goals, and are constructed to help you take some time out and concentrate on yourself.

- **Happify**



[Happify](https://happify.com) (happify.com) is grounded in the fields of positive psychology, mindfulness and cognitive behavioral therapy. As the name suggests, Happify's number one goal is to help us all feel happier, and more emotionally fulfilled.

- **Mindshift**



Mental health issues can affect people of all ages, so it's fantastic that an app like [Mindshift](https://anxietybc.com/resources/mindshift-app) (anxietybc.com/resources/mindshift-app) has been developed. Designed primarily for teens and young adults, Mindshift focuses on issues that cause stress and anxiety within that age group.

- **Self Help for Anxiety Management**



[Self-help for Anxiety Management](http://sam-app.org.uk) (sam-app.org.uk) is better known as SAM, and SAM is designed to help you learn more about your anxiety, build your own anxiety toolkit, and tailor your self-help to your own life.

- **Colorfy**



The mindfulness coloring book has become digital! [Colorfy](http://colorfy.net) (colorfy.net) provides flowing and relaxing shapes and patterns for you to color, allowing you time out from the hustle and bustle of everyday life.

- **Breathe2relax**



Breathing properly is an integral part of relaxation. Not only does it help to fend off your body's fight or flight response to stress, but it also helps you to focus and manage your stress and anxiety. [Breathe2relax](http://t2health.dcoe.mil/apps/breathe2relax) (t2health.dcoe.mil/apps/breathe2relax) is a fantastic tool for tracking your breathing.

- **7 Cups**



[7 cups](http://7cups.com) (7cups.com) is a fantastic tool for when you just need someone to talk to. Trained active listeners are available to chat with you via text or online, and to be there to help you through difficult times.

- **Digipill**



Tapping into the field of psychoacoustics, [Digipill](http://digipill.com) (digipill.com) offers guided relaxation and methods for approaching real life problems, from quitting smoking and sleeping better to reducing anxiety and beating stress.

- **This Way Up**



THIS WAY UP (thiswayup.org.au) offers apps designed to provide relief for a range of psychological disorders, utilizing extensive research and proven, effective cognitive behavior therapy. While the phone apps from THIS WAY UP are not free, the online app for stress management is!

- **Anxiety Free**



One strategy some people with anxiety swear by is self-hypnosis. A practitioner of clinic-based hypnotherapy, Donald Mackinnon developed these guided recordings. How it works: You listen to an audio recording in a quiet and safe environment and learn the technique. The recordings are more than just relaxing. They contain subliminal signals to speak to your subconscious.

- **Nature Sounds Relax Sleep**



Sometimes you just need a time-out when your stress becomes overwhelming. This app uses the calm sounds of nature to soothe you back into a calm, relaxed state. Sounds include thunder, ocean sounds, birds, rain, or waterfalls. You can set the timer to have a quick 10-minute break, or even set the sounds as an alarm to help ease into your day.