

## What is Mindfulness?

Mindfulness is “the quality or state of being conscious or aware of something”.

Mindfulness is a tool that people use to help calm and ground themselves. It takes practice and initially can be quite challenging, but once you have mastered the technique you can do it anywhere at anytime.

If you're unsure about mindfulness why not try one of these apps and give it a go?

If it's not for you there are a number of other suggested relaxation tips on the back of this leaflet.

## Why download apps?

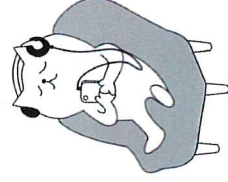
This leaflet documents a number of apps that are aimed at helping people practice mindfulness and relaxation techniques.

You can download these apps on your **iPhone** or **Android** phone for **FREE**.

## Mindfulness not for you?

Mindfulness not for you? That's OK. You can always try relaxing by:

- Listening to relaxing music
- Taking a nice walk
- Take a warm shower or bath
- Light your favourite candle
- Put comfy, soft clothes on
- Watch a good TV program or your favourite film
- Eat your favourite snack (in moderation!)
- Take a nap
- Practice breathing techniques
- Read a book or magazine
- Talk to your friends or family
- Go to the beach and listen to the waves



# Mindfulness and Relaxation Apps

## Headspace

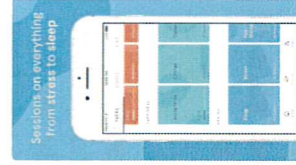


Headspace is an app to help you practice mindfulness and meditation.

Choose a course or two and make your way through the guided steps.

Courses include:

- \* Meditation
- \* Stress and anxiety
- \* Falling asleep and waking up
- \* Personal growth
- \* Work and productivity
- \* And more...



## Stop, Breathe, Think



*Best Health App 2017*



### Stop

Stop what you are doing.

Check in with what you are thinking and how you are feeling.

### Breathe



Practice mindful breathing to create space between your thoughts, emotions and reactions.

### Think



Learn to broaden your perspective and strengthen your force field of peace and calm by practicing one the meditations.

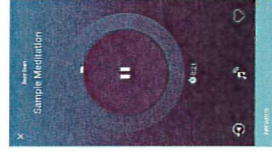
Stop, Breathe, Think is a mindfulness app that helps you sleep better, breathe more easily and find more calm. Check in when you open the app, pick an activity and monitor your progress.

## Smiling Mind



Smiling Mind is a Meditation app that helps you to relax and reflect on your thoughts.

Follow the guided courses designed for different age groups and different issues.



Personalise the app to what you want to improve: is it your attention, falling asleep, relationships, managing stress or something else?

Save your favourite courses and go back to them when needed.

Once finished rate how you found the course and try a new one.

