

Apps and Websites for Coping

Phone Applications for Mindfulness/Meditation

Application Name	Device Compatibility	Description	Cost
Calm	Android & iOS	<ul style="list-style-type: none"> • Guided and unguided mindfulness meditation • Various lengths of time for practice • Includes breathing exercises 	Free
Breath2Relax	Android & iOS	<ul style="list-style-type: none"> • Stress management education • Coaching on belly breathing • (diaphragmatic breathing) 	Free
Healing Buddies Comfort Kit	iOS only	<ul style="list-style-type: none"> • Guided skills practice for pain and nausea • Helps identify feelings • Program suitable for school aged children • Explanation of application and concepts targeted to children • Discussion of different coping techniques: (belly breathing, relaxation, imagery, positive self-talk) • Parent information to support children with stressors • Encourages parent participation and advocacy 	Free
Headspace	Android & iOS	<ul style="list-style-type: none"> • Guided meditation with animation • Exercises introduce each concept(meditation, guided imagery, etc.) • Monthly fee after 10-day introductory period 	Free
Smiling Mind	Android & iOS	<ul style="list-style-type: none"> • Guided meditation for ages 7 to adult • Different program for each age group (7-9, 10-12, 13-15, 16-18) • Includes breathing exercises and daily mindfulness • Lengthy silences requires focus on the users' part 	Free

Phone Applications for Anxiety

Application Name	Device Compatibility	Description	Cost
Mindshift	Android & iOS	<ul style="list-style-type: none"> • Helps track anxiety triggers and situations • Contains relaxation exercises and coping strategies • Ability to tag favorite categories • Provides concrete examples to address situations • Choice of male or female voice 	Free

Phone Applications for Sleep Hygiene

Application Name	Device Compatibility	Description	Cost
CBT-i	Android & iOS	<ul style="list-style-type: none"> • Resource for individuals in Cognitive Behavioral Therapy for Insomnia • Provided education on good sleep hygiene practices • Has relaxation tools such as guided imagery, diaphragmatic breathing, and progressive muscle relaxation coaching 	Free

Free Online Tools

Name	Description
Kaiser Permanente Guided Imagery Podcasts	<ul style="list-style-type: none"> • https://healthy.kaiserpermanente.org/health/care/consumer/healthwellness/live-healthy ‡ Click on “Podcasts (guided imagery)” located on the bottom left • User friendly and easy to access: download or stream online • Audible and visual options • Podcasts available for different indications: pain, stress, anxiety, relaxation, etc • Suitable for adolescents • Variable podcast lengths ranging from a couple minutes to an hour
Pain Management Network Relaxation Techniques and Mindfulness	<ul style="list-style-type: none"> • http://www.aci.health.nsw.gov.au/chronic-pain/painbytes/pain-and-mindbody-connection/relaxation-techniques-and-mindfulness • Step by step structured guidance to build relaxation techniques and mindfulness