

## Free Apps and Online Resources

### Every Mind Matters Online Resources

<https://www.nhs.uk/oneyou/every-mind-matters/>

### Breath Works Online Mindfulness Course for COVID

The course includes a range of tips to help all of us work with the mental and emotional reactions to so much uncertainty, as well as suggestions for how to cope practically with this new reality. We've also tried to keep it a little light-hearted as surely we can all do with a bit of that these days.

[www.breathworks-mindfulness.org.uk/news/a-message-from-vidyamala-covid-19-free-course-for-troubling-times](http://www.breathworks-mindfulness.org.uk/news/a-message-from-vidyamala-covid-19-free-course-for-troubling-times)

### Headspace – Weathering the Storm

Free section of the App (which is free to download) which includes mediation, sleep, and movement exercises designed to help guide you through these difficult moments.

There basic introduction to mindfulness package is also free – it is called '10 for 10', which is 10 days of 10 minute (or less) meditations with accompanying videos at various times during the course; you can repeat this as many times as you like.

<https://www.headspace.com/>

### Mark William's Meditations

<http://franticworld.com/> under 'resources'

### Russ Harris meditations (inc. dropping anchor)

<https://www.actmindfully.com.au/free-stuff/free-audio/>

### Sanvello App

Meditations and relaxation exercises, also facilities some thought challenging.

Completely free.

<https://www.sanvello.com>

### CALM App and Website

Meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music. App has some free components.

The CALM website provides free, printable resources you can use to guide your clients through applying mindfulness principles in their lives, including our Mental Fitness Training Guide, Mindful Living Calendars, Intention Cards, and sleep, meditation & healthy habits guidebooks.

[www.calm.com](http://www.calm.com)

### Breethe App

Relaxation and mindfulness, including help with sleep. Some free tracks, includes one on overcoming coronavirus anxiety

<https://breethe.com/>

### Insight Timer App

Lots of meditations for sleep, anxiety and stress. Plenty of free tracks.

<https://insighttimer.com/>

### Bodhi Mind App

12 free mindful meditation tracks

<https://www.bodhimind.me/>

### **Worry Time App**

Helps you note down your worries and plan a set time in the day to contain these too. For more information please see the website.

Completely free.

<https://au.reachout.com/tools-and-apps/reachout-worrytime>

### **Stop, Breathe & Think App**

Lots of free mindful meditations, including a series called 'call coronavirus anxiety'

<https://www.stopbreathethink.com/>

### **Relax Melodies App**

Various relaxing sounds that you can listen to individually or create your own perfect relaxing sounds scape. Plenty of free sounds (some you have to pay for).

<https://www.relaxmelodies.com/>

### **Simple Habit**

Short guided relaxation and reminders to meditate daily. Some of it is free.

<https://www.simplehabit.com/>

## **NHS Staff Only**

### **Ten Percent Happier**

Guided meditations to help manage sleep and stress. They also have daily live videos and Q&As around emotional support.

We want to deeply thank and recognize healthcare workers all over the world who are responding to the COVID-19 pandemic. If you are a healthcare worker and are not currently subscribed to Ten Percent Happier, we would like to support you by offering free access to the app - please email [care@tenpercenthappier.com](mailto:care@tenpercenthappier.com) for instructions.

[www.tenpercent.com/](http://www.tenpercent.com/)

### **CALM**

Meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music.

Free one week trial for the below staff (some aspects are free on the basic app anyway):

<https://www.calm.com/calmhealthweek>

### ***For the following NSH groups:***

Psychotherapists

Psychologists

Counsellors

Doctors

Physician Assistant

Nurses

Nurse Practitioner

Occupational Therapists

Social Workers

The CALM website provides free, printable resources you can use to guide your clients through applying mindfulness principles in their lives, including our Mental Fitness Training Guide, Mindful Living Calendars, Intention Cards, and sleep, meditation & healthy habits guidebooks:

[www.calm.com](http://www.calm.com)

### **Social Connection**

Houseparty App (free) – allows multiple people to group video call