

### **Stop, Breath and Think.**

Find peace anywhere. This app allows you to check in with your emotions by recommending short guided meditations, yoga and acupressure videos.



### **Anxiety Relief Hypnosis.**

Listen daily to learn ways to avoid anxiety and improve relaxation. Change your mindset to reduce anxious thoughts and prevent anxiety.



### **Calm.**

Calm is the #1 app for meditation and sleep. Experience lower stress and less anxiety.



### **Relax Melodies: Sleep Sounds, White Noise**

Free sleep sounds, melodies, and meditations to help you sleep!



### **Take a Break! Meditations for Stress.**

Enjoy the deep relaxation, stress relief, and benefits of meditations.

