10+ APPS TO DE-STRESS IN LESS THAN 10 MINUTES

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- PACIFICA (TRACK MOOD, HEALTHY HABITS, THOUGHTS, MEDITATION TO MANAGE STRESS/ANXIETY)
- BREATHE2RELAX (SIMPLE DEEP BREATHING)
- RELAX MELODIES (SOOTHING SOUNDS)
- INSIGHT TIMER (GUIDED MEDITATIONS, MEDITATION TIMER, JOURNAL, SINGING BOWL)
- BALANCED (CHOOSE SELF-IMPROVEMENT ACTIVITIES SUCH AS WORKOUT, SEE FRIENDS, BE THANKFUL, TRACK THEM AND RECEIVE POSITIVE FEEDBACK)
- HAPPIER (CREATE AND VIEW GRATITUDE JOURNALS, GET SUPPORT FROM ONLINE COMMUNITY, MEDITATION)
- MIDSHIFT (REFRAME NEGATIVE THOUGHTS, STRATEGIES TO CALM ANXIETY)
- BREATHE (SHORT MEDITATIONS WITH DIFFERENT THEMES - GRATITUDE, BODY SCAN, COMPASSION AND MORE)
- CALM (2 MINUTE MEDITATIONS, CALMING NATURE SCENERY)
- 7 MINUTE WORKOUT (EXERCISE PROMPTS)
- DAILY YOGA (POSE LIBRARY, YOGA MUSIC, YOGA TRAINING SESSIONS OF VARIOUS LENGTHS)
- MINDFULLY ME (MEDITATION TIMER, GUIDED MEDITATION)
- VIRTUAL HOPE BOX (DISTRACTIONS, INSPIRATIONS, RELAXATION, COPING TOOLS)

Note from Sharon: I have no affiliation with any of these apps. I've downloaded and used them all for free on the iPhone. Some may have in-app purchases and the ability to connect with online communities/individuals.