

List of apps for visualization/relaxation:

- Breathe2Relax
  - Mental health experts maintain that diaphragmatic breathing is a cornerstone of stress relief. Breathe2Relax guides you through the process with clear videos that help you practice and master the technique.
  - Available free for iOS and Android
- Calm
  - Calm is a mindfulness and meditation app to bring more clarity, joy and peace to your daily life.
  - Available for iOS and Android
  - Free to download, there is a cost to access their premium version
- Happy Color - Color by Number
  - Happy Color is a color by number game for adults with 6000+ pictures to color.
  - Available free for iOS and Android
- Headspace
  - Using proven meditation and mindfulness techniques Headspace will show you how to train your mind for a healthier, happier, more enjoyable life. You can start with their free Take10 programme, where you will be taught the basics of meditation in just 10 minutes a day.
  - Available for iOS and Android
  - Free to download, there is a cost to access their premium version
- Insight Timer - Meditation App
  - Insight Timer offers the largest free library of guided meditations on earth and the world's most loved meditation Timer, for free. With 30,000 free guided meditations you can meditate on Insight Timer for as long as you want without ever paying a cent.
  - Available free for iOS and Android
- iSleep Easy Free - Meditations for Restful Sleep
  - The Meditation Oasis® iSleep Easy Free app contains three guided meditations to help you fall asleep and sleep deeply. You can listen to the meditations with/without music or rain sounds.
  - Available free for iOS and Android
- Mindfulness Bell/MindBell
  - Mindfulness Bell/MindBell rings periodically during the day as a mindfulness bell, to give you the opportunity to hold on for a moment and consider what you are currently doing, and in what state of mind you are while you are doing it.
  - Available free for iOS and is called "Mindfulness Bell"
  - Available free for Android and is called "MindBell"

- Mindshift CBT - Anxiety Canada
  - MindShift CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.
  - Available free for iOS and Android
- PTSD Coach
  - PTSD Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies.
  - Available free for iOS and Android
- Pzizz - Sleep, Nap, Focus
  - The app's patented system plays you "dreamscapes"— a sleep-optimized mix of music, voiceover, and sound effects that change each night, to quickly quiet your mind, put you to sleep, keep you asleep, and then wake you up feeling refreshed.
  - Available for iOS and Android
  - Free to download, there is a cost to access their premium version
- Relax and Sleep Well Hypnosis
  - Relax and Sleep Well is a hypnosis and meditation app by best-selling self-help audio author Glenn Harrold. This app includes 4 free hypnosis and meditation recordings and many in-app purchases.
  - Available free for iOS and Android, plus over 120 in-app purchase options
- Relax Melodies: Sleep Sounds
  - Since sleep is unique to everyone, Relax Melodies gives you the freedom to create your very own bedtime experience. Choose your favorite tracks amongst their library of sounds and guided content. Mix them together. Fall asleep to your own perfect soundscape.
  - Available for iOS and Android
  - Free to download, there is a cost to access their premium version.,
- Relax with Andrew Johnson Lite
  - This app helps you to unwind and de-stress. The app teaches relaxation techniques, which have helped with ME, pain control, insomnia, post traumatic stress disorder and many other stress symptoms.
  - Available free for iOS and Android
- Sanvello (formerly called Pacifica)

- Whether you manage an ongoing condition like anxiety or depression; have acute stress or anxiety related to an event like coronavirus; or simply want to improve your mental well-being, Sanvello gives you the help, support, and resources you need to feel more in control and happier over time.
- Available for iOS and is called “Sanvello for Stress & Anxiety”
- Available for Android and is called “Sanvello for Stress, Anxiety & Depression”
- Free to download, there is a cost to access their premium version
- Premium access is free to everyone during the COVID-19 crisis
- Self-help for Anxiety Management
  - SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.
  - Available free for iOS and Android
- Simple Habit: Meditation App
  - Simple Habit is a 5-minute meditation app designed to help busy people stress less, achieve more, and live better.
  - Available for iOS and Android
  - Free to download, there is a cost to access their premium version
- Smiling Mind
  - Smiling Mind is a free mindfulness meditation app developed by psychologists and educators to help bring balance to your life. Just as we eat well and stay fit to keep our body healthy, mindfulness meditation is about mental health and looking after the mind. Our programs are designed to assist people in dealing with the pressure, stress, and challenges of daily life. There are programs available for all ages.
  - Thrive Inside is a special Smiling Mind program to help you stay psychologically healthy while you're spending extended periods of time at home during the Coronavirus crisis. You can find it under Adult Programs.
  - Available free for iOS and Android
- Stop, Breathe & Think
  - Check-in with your emotions to receive daily meditation and mindfulness recommendations tuned to how you feel. This calming meditation app experience is uniquely designed to help you stay mindful, de-stress, sleep better, and build the emotional strength and confidence to handle life's ups and downs.
  - Available for iOS and Android
  - Free to download, there is a cost to access their premium version
- Stop Breath & Think Kids

- Meditation and mindfulness made easy and fun for kids, to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts. From the creators of the app for adults, Stop, Breathe & Think Kids is a mindful games app designed specifically for kids ages 5 - 10.
- Available for iOS and Android
- Free to download, there is a cost to access their premium version
- Take a Break! Guided Meditations for Stress Relief
  - From the excellent developers of relaxation apps at Meditation Oasis® comes this free app to quickly recharge. Listen to a 7-minute Work Break or a 13-minute Stress Relief recording with or without music or nature sounds.
  - Available free for iOS and is called "Take a Break! - Guided Meditations for Stress Relief"
  - Available free for Android and is called "Free Meditation - Take a Break"
- UCLA Mindful
  - Developed by the Mindful Awareness Research Center at the University of California, Los Angeles (UCLA), the app features about a dozen meditations of different types in English and Spanish. You can learn to focus on your breath, your body, or sounds; work with difficult emotions; and cultivate loving-kindness in sessions ranging from 3 to 19 minutes long.
  - If you're new to mindfulness, you might choose to take advantage of their Getting Started section, which offers information on what mindfulness is, how to choose a meditation, which posture is best for your practice, and what research-backed benefits you might expect from it.
  - Available free for iOS and Android