

COPING WITH COVID-19

Handling stress and grief during the pandemic and beyond



Free Meditation Apps to Help You Feel Calmer, Less Anxious

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Everyone needs a break from thinking about the many stressors in our lives right now. Many current articles and interviews about mental/emotional health include the recommendation to practice mindfulness or meditation.

Meditation has become a popular activity that individuals have turned to during these stressful days to help clear their minds, reduce anxiety and feel more calm.

Below are a few free meditation apps or programs that may help you:

- **Aura** offers various meditations for adults, as well as nature sounds, life coaching and music. This app personalizes these services based on your mood (which you select within the app). Aura's basic content is free to use; however, with a subscription, you can utilize their premium plan (which unlocks unlimited meditations and more diverse types of meditations).
<https://www.aurahealth.io>
- **Calm** offers a variety of meditation for users at all levels on a variety of topics, from calming anxiety to mindfulness for children. This app is available on computers and smartphones. There are no fees to use Calm's basic content; a subscription gives you access to more content. <https://www.calm.com>
- **Headspace** offers a variety of meditation types, from guided meditation to sleep meditation, for both adults and children. This app is available on computers and smartphones. Headspace offers a free trial for new users, followed by a monthly or annual subscription fee. <https://www.headspace.com>
- **InsightTimer** offers an assortment of meditation sessions that cover a variety of topics (depression, anxiety, insomnia, stress). These sessions are available worldwide on their website or through an app. You can access InsightTimer's free library via email; a premium plan is available for a monthly subscription fee. <https://insighttimer.com>

Whether you practice meditation on a regular basis, or are a beginner, these apps may be helpful options to keep you grounded during this stressful time.