

SMART PHONE APPS

Mindfulness

- Stop, Breathe, and Think (iPhone, Android, Web)
- Smiling Mind (iPhone, Android, Web)
- Headspace (iPhone & Android)
- Buddhify (iPhone)
- Insight Timer (iPhone & Android)
- Mindi (iPhone)
- Breathe2Relax (iPhone & Android)
- The Mindfulness App (iPhone & Android)

Weight Management

- MyFitnessPal (iPhone & Android)
- Loselt! (iPhone & Android)

Mood

- Moodlytics (iPhone & Android)
- In Flow (iPhone & Android)
- Moody Me (iPhone)
- iMoodJournal
- Pacifica (free to download but then subscription to use some features)