



Relaxation Applications (Apps) for Phone and Tablet

Utilize these apps to improve relaxation and relieve stress:

- Mindshift CBT (uses scientifically proven strategies)
- Head Space (uses scientifically proven strategies)
- Guided Mind
- Take a Break
- End Anxiety Hypnosis (surf city apps)
- Autogenic Training and Progressive Muscle Relaxation
- Complete Relaxation Lite
- Meditation Oasis
- Calm
- Guided Mindfulness
- Simply Being
- Power of the Mind



Guided Relaxation Downloads

Loyola University Maryland

Free guided relaxation audio/video exercises

<http://www.loyola.edu/departement/counselingcenter/students/relaxation.aspx>

Dartmouth College

Free relaxation downloads, guided imagery & mindfulness meditation exercises

<http://www.dartmouth.edu/~healthed/relax/downloads.html>

How to Cope with Pain

Free breathing, relaxation, & guided imagery exercises to help manage pain

<https://www.howtocopewithpain.org/>