

The following list of free relaxation apps is provided as a convenience for our parents. The Lewiston-Porter school district does not endorse these applications.

Free Relaxation Apps

❖ Sanvello

- On-demand help for stress, anxiety & depression

❖ Pzizz

- Sleep optimized mix of music, voiceover and sound effects that change nightly to help quiet the mind

❖ Mindshift

- Teaches you to relax and be mindful, developing more effective ways of thinking and using active steps to take charge of your anxiety

❖ Calm

- Meditation and sleep stories

❖ Breathe2Relax

- Portable stress management tool. Helps users learn breathing exercises to help with mood stabilization, anger control and anxiety management

❖ Headspace

- Simple way to let go of stress and get a better night's rest

❖ Guided Mind

- Relax and get guided through meditations on a variety of topics dealing with the stresses and challenges of day-to-day life

❖ Insight Timer

- Join millions learning to meditate to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness

❖ Happify

- Activities & games to help reduce stress, overcome negative thoughts and build resilience