

# Mindfulness apps

In a world full of busy, fast-paced environments with little time for a break, Mindfulness provides an opportunity to slow down, rest and recuperate, even when you're on the move.

Mindfulness meditation has been used in the treatment of stress, resilience, anxiety, depression and other physical and mental illnesses.

Mindfulness Apps can help both beginners and advanced practitioners alike.



Apps like “Smiling Mind” (free and available for both iPhone & Android), “Calm” (free, available for iPhone & Android) and “Mindfulness Training App” (Free, only on Android) are readily available across a number of devices.

These apps aim to be a quick and efficient way to introduce wellbeing, de-stress and breathing strategies and exercises into your life.

They can also be used for children of all ages.

Smiling Mind is a great app to get you started. It was developed by a team of psychologists with expertise in youth, adolescent and adult therapy, and is recommended by Beyond Blue, Inspire Foundation and The Resilience Project.

Check out mindfulness apps in your app store. You've got nothing to lose but stress!



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