

Stuck at Ommm?

CHECK OUT THESE MEDITATION APPS

Meditation is not what you think. It's a set of techniques that are used to develop mindfulness, increase awareness and promote calmness. According to a study at the University of Wisconsin, "a meditation habit can strengthen the body's immune function, plus increase brain performance in the form of electrical activity." Whether you're new to the practice or looking to refresh your rituals, take a look at a few popular websites and apps.

BUDDHIFY

Focused on mobile and on-the-go meditation sessions to introduce meditation into your daily life, this family-run app is for "people that don't have time." The sessions are organized by what you're doing such as: traveling, stress and difficult emotions, insomnia and more. Plus, they also have a section of formal meditations for when you do have time.

They don't have a free trial. There are several ways to see the app being used on their Youtube channel or with Amazon Alexa.

Cost: \$30 annually

HEADSPACE

Known for its refreshing illustrations, guided courses and quick meditations, Headspace was developed by sports scientist-turned-Buddhist monk Andy Puddicombe. Branded as "your gym membership for the mind" their team believes that your mind is a muscle that deserves the same attention that you give to your abs.

They offer several options to try it out including a free Basics course that includes 10 sessions teaching you the foundations of meditation, access to a selection of free sessions or you can tap into their partnership with Nike Run Club in case your run or walk is the time you choose to fit in your meditation.

Cost: \$13 monthly with a seven-day free trial, or \$70 annually with two-week free trial

CALM

With a wide range of guided meditations and a simple goal to help people "relax and calm down," this popular app has been downloaded more than 50 million times. When you open the app, you may choose to participate in the Daily Calm (a daily 10-minute program) or choose from a selection of 3- to 25-minute sessions to soothe anxiety, stress or break a bad habit.

Calm offers walking meditations, masterclasses and even bedtime stories to put you to sleep. In fact, one is courtesy of Matthew McConaughey if you love a Southern drawl to tuck you in at night.

Cost: \$14.99 per month, \$69.99 per year, \$399.99 lifetime subscription

INSIGHT TIMER

The unicorn of all meditation programs, this high-quality app is completely free. With more than 30,000 guided sessions to support whatever is preventing you from being present it also offers sections for relaxing music, kids and talks by gurus and psychotherapists.

Sessions are ranked and reviewed by other users so it may take you a bit of time to find a voice and style that appeals to you. If you want to simplify your options, they do offer a paid membership with curated Courses and Playlists

Cost: Free. Or \$60 for upgraded access.

These are certainly uncertain times. However, these free and low-cost tools to reduce stress and increase immunity give you the power you need to change your mind. Stay safe and healthy.

