

Apps to Reduce Stress

Below are apps to reduce your stress and increase your connection.

Meditation apps

Calm

Headspace

Brain.fm

Happify

Insight Timer

Smiling Mind

Stop, Breathe & Think

UCLA Mindful

Inscape

Breath, Meditation & Sleep

Breathing apps

Breath2Relax

Universal Breathing: Pranayama

Anxiety and Grounding Exercises apps

VirtualHopeBox

What's Up?

PTSD Coach

SuperBetter

Relationship apps

Gottman's Card Decks

Love Nudge (based off the love languages)