



Smiling Mind is a unique app developed by psychologists and educators to help bring balance to people's lives by teaching mindfulness and meditation.



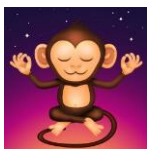
Headspace offers guided meditations, animations, articles and videos, all in the distinct Headspace style.



Calm creates unique audio content for meditation, sleep and relaxation. One of the most popular features is a 10-minute meditation called, 'The Daily Calm'. Calm also contains 100+ sleep stories, sleep music, meditation lessons, and nature sounds.



Insight Timer offers the largest free library of guided meditations on earth and an easy to use meditation timer, for free. Topics include relief from stress, anxiety, depression and pain.



New Horizon provides relaxing Sleep Stories, Guided Meditations and purposely-designed Sleep Meditations to help improve sleep.



Colorfy allows you to color different templates with the touch of a button. Coloring is relaxing and a great way to practice mindfulness.



WhiteNoise uses white noise to mask distracting sounds during meditation and to promote relaxation. It comes with 40 pre-recorded white noise sounds that can help with better sleep.



Breathe2Relax helps you relax and relieve stress through exercises such as diaphragmatic breathing, also known as "belly breathing."
A good starting point is to breathe in for 4 seconds and out for 6 seconds.

Taking time to calm your body and mind is an important part of managing chronic pain.

These self-regulation apps are fantastic tools to reduce stress and bring down pain.

- ✓ Pick an app that you enjoy and one that best fits your unique personality
- ✓ Schedule at least 10 minutes in a calm, quiet place to practice a strategy like belly breathing or mindfulness
- ✓ Practice at the same time every day to help build a long lasting healthy habit
- ✓ Begin using your new coping strategies to manage pain in the moment
- ✓ Use your new super powers to help calm down at school or fall asleep at night

Quick Deflate:

When you're feeling stressed, breathe out all your air and imagine your whole body deflating like a balloon: your shoulders drop, jaw hangs loose, arms relax, back softens, muscles release.

