

# Reduce Stress On the Go

Work Well,  
Live Well<sup>SM</sup>



Choose a free or low-cost mobile app to help you relax anytime, anywhere!

## Deep Sleep with Andrew Johnson

Overcome insomnia and get to sleep easier with this guided meditation.

Cost: \$2.99

## Headspace: Meditation

A meditation and mindfulness app to help you get the most out of your day.

Cost: Free

## Relax with Andrew Johnson

Guided meditations help you wind down after a busy day or have deeper, more restful sleep. Lite version includes one guided meditation; the full version includes a link to a library of guided meditations.

Cost: Free for lite version, \$2.99 for full version

## Relax & Rest Guided Meditations

Sleep better with this app designed to help you improve your sleep quality. Includes optional nature sounds.

Cost: \$1.99

## Sleep Cycle Alarm Clock

Use your mobile device to track your movements during sleep and wake up at the optimal time in your sleep cycle.

Cost: Free

## Stop, Breathe, & Think

This meditation and mindfulness app allows you to check in with your emotions, and recommends short-guided meditations, yoga, and acupuncture videos to help you find peace. (Also available: Stop, Breathe, & Think Kids).

Cost: Free

## SuperBetter

Playing this game builds resilience, helping you achieve personal growth and tackle life's challenges while staying motivated and positive.

Cost: Free

## Walking Meditations

Combine meditation and physical activity! Learn to be mindful of the world around you and gain personal insight. App includes three walking meditation scripts and a journal for recording new experiences or insights.

Cost: \$1.99

## White Noise Pro

Take ambient sound anywhere! Provides more than 40 sounds to help you sleep or de-stress, such as camp fire, Tibetan Singing Bowl, and waves crashing.

Cost: \$2.99

All suggested apps are available  
on the App Store<sup>®</sup> or Google Play<sup>™</sup>.



\* Message and data rates may apply.

Some free apps may contain in-app purchase.