

Guided Meditations for Stress Relief and Improving Sleep

WEBSITES

<https://chopra.com/articles/guided-meditations>

<https://cmhc.utexas.edu/mindbodylab.html>

<https://www.uclahealth.org/marc/mindful-meditations>

APPS



Headspace

FREE with
Trial

This app is ideal for people just starting a meditation routine. Its free trial includes 10 exercises geared toward beginners that can help you learn more about meditation as well as applying it to your life.



Calm

FREE with Trial

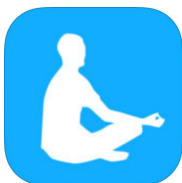
Calm offers a wide range of guided meditations to assist people in adding more relaxation into their lives. The selections range from 3-minute to 25-minute sessions. It also includes a feature called Daily Calm, a 10-minute program you can practice before the beginning or end of your day — a great routine to get into. There are also breathing exercises, unguided meditations, sleep stories, and more than 25 soothing sounds to help you improve your sleep.



Insight Timer

FREE

Check out more than 4,500 free guided meditations from over 1,000 meditation practitioners with this app. It also gives you access to 750 meditation music tracks. Customize your meditation using the background sounds and meditation tool intervals to create a unique experience that works best for you.



The Mindfulness
App

FREE with Trial

Packed with features, this meditation app includes a five-day guided meditation practice, reminders for when it's time to relax, and other offers based on individual meditation habits. It can also be integrated with other health apps if users enjoy using their devices to improve their health.

PODCASTS

<https://player.fm/podcasts/Stress-Management>