

MEDITATION AND RELAXATION

- [Headspace](#): Two-week free trial for the general public.
- [Calm](#): Seven-day free trial. A meditation, sleep, and relaxation app that also provides resources specifically for coping with COVID-19 anxiety.
- [Stop, Breathe & Think](#): Always free, and for kids too.
- [Insight Timer](#): Always free. This is not a daily app, but rather a great library where you can search for various types of meditations and lengths by excellent teachers.
- [10% Happier](#): Free and paid options available. Health care providers can use redemption code HEALTHCARE to unlock all content.
- [UCLA Mindful App](#): Free and has meditation by Diana Winston.
[Mindfulness Coach](#): Mindfulness Coach 2.0 was developed to help veterans, service members, and others learn how to practice self-guided mindfulness.