

Apps for relaxation, stress relief and mindfulness.

We all lead busy lives and it is important to take “time out” to relax. For some people this may be a spending time with friends, taking a walk in the park, or some gentle exercise. There are a number of resources that are available for tablets either from the Play store (for android devices) or the App store (for iPads).

(The following examples are for an iPad however similar, if not the same, apps are available for Android)

Mindfulness Apps

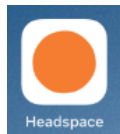
What is Mindfulness and how does it help mental wellbeing?

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better.

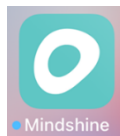
When we become more aware of the present moment, we begin to experience afresh things that we have been taking for granted.

Headspace



Headspace is a free app available from the App store. You need an email address for Headspace as you have to sign up for it. You will also be asked to create a password. Although most of the features involve a charge you can access the basic course for free. If you are interested in the more advanced features there is a “free” trial. However, you will be charged as soon as the free trial ends and it is not recommended unless you are seriously considering paying for this service.

Mindshine



Mindshine is very similar to Headspace and can be downloaded from the App store for free. You will have to register with Mindshine. You can do this using your email address (similar to the previous app) or you can use Facebook to sign in.

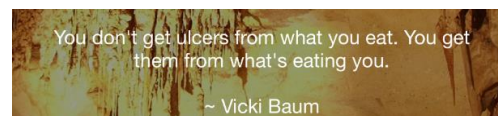
Inspirational Quotes

There are a number of apps that can provide inspirational quotes. Here are some examples.

Stress Relief



This app is free as it includes ads. You can pay for an Ad-Free version.



The next 2 apps are made by the same developers and operate in a very similar way.



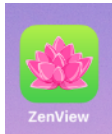
Motivation is an app with motivational quotes, **I am** is an app that contains daily affirmations. Both of these apps are free to use, although you can also subscribe to them. When you first open the app you will see an advert for the subscription. **DO NOT CLICK ON**

START FREE TRIAL.... CLICK ON CANCEL

Sensory Apps

Some apps promote relaxation through sound, touch or visual stimuli. Here are some examples:

ZenView



Tap the image to see water droplets land on the image and listen to the sound of gentle rain. Change the background image or change between light shower, heavy storm, clear sky or soft sprinkle.

Nature Soundscapes



As the name suggests, Soundscapes is about providing relaxing background noises. Tap on illustrations to hear the different sounds.

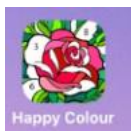
Gravitarium



Create patterns by moving your fingers across the screen whilst listening to soothing music.

The previous apps are designed with relaxation in mind but this can also be achieved with activities that may not necessarily be associated with a tablet.

Mindful colouring



Happy Colour

There are a number of apps available that allow you to colour in images, this is one example. This app is free because it contains adverts. As with other apps you can pay for a version that does not contain adverts.

Jigsaws



Jigsaw Box

Completing Jigsaws is another way to relax and there are many apps for all abilities available for devices. Jigsaw Box is just one example. This app is free because it contains adverts. As with other apps you can pay for a version that does not contain adverts. You are also limited in your choice of jigsaws.

The app will time how long it takes you to complete a jigsaw so that you can play against yourself and try to beat your time.

Everyone relaxes in different ways so go to the App store and have a look at games or activities that will give you some time out during your day.