

Free Apps to Reduce Stress and Anxiety

Headspace – *simple meditations*

Relax Melodies – *gentle tunes and soothing sounds*

Calm – *guided meditations from 2-20 minutes*

Anti-stress quotes – *inspiring quotes*

Take a Break – *7 and 13 minute meditations*

Omvana – *customize your meditation*

Breathe2Relax – *guided breathing*

iyoga+ - *guided yoga sessions*