Got Mindfulness?
Best Apps for Personal Growth

**The Mindfulness App**
Cataloging over 200 guided sessions instructed by influential meditators all over the world, with regularly updated content so that users can keep up with their private practices in new ways, we're recognizing Mindfulness as a fantastic resource to learn from and grow with.

**Aura**
Aura is the app that learns from you. The app asks short questions about your current mood and uses sophisticated machine learning techniques to customize your meditations. Sessions last anywhere from 3 to 10 minutes, depending on your level of comfort, making it great for newcomers and more experienced practitioners alike.

**Stop, Breathe, & Think**
Suppose a stressful situation were to arise and you can physically feel the anxiety bottling up inside of you. *Stop, Breathe, & Think* is an app that checks yourself before you allow panic effects to swallow you whole. With over 55 meditative practices tailored to your needs and the ability to sync up to the Health app, you can track your progress daily or weekly.

**Headspace**
Headspace is a great resource to fit meditation into a few minutes of the day. Starting off with a 10-day trial run, the app's *Take10* program is a foundation course that guides you to mindfulness, so that no matter the stressful situation, you can separate yourself from pressing thoughts or the toxic environment around you.

**Insight Timer**
Crowned the most popular meditation app of 2017 via *iTunes, Insight Timer* does it all – from stabilizing anxiety levels to correcting a poor sleep pattern. Key features of the app include lovely sounds and bell times to keep you on track and in the mood, as well as over 3,500 guided meditations to incorporate into your practice.

**Calm**
This application mentors users by engaging them in sessions from three to 25 minutes that focus on anxiety, stress, sleep deprivation, focus, and more. A must-try for beginners, it also includes programs for intermediate and advanced meditators.

---

This project was supported by Award No. 2016-CI-FX-K002 awarded by the Office of Juvenile Justice and Delinquency Prevention, Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice or grant-making component.