

Relaxation Ideas!



BellyBio - turns your iPhone/iPod Touch into a highly sensitive deep breathing sensor providing a real-time, objective stress-level index based on your breathing pattern. Biofeedback thus becomes more simple and powerful --not to mention affordable-- than ever, so you can now know for sure who's the coolest dude in the neighborhood.



Insight Timer - The #1 free app for sleep, anxiety, and stress with more than 100,000 guided meditations led by the best teachers from Canada and the world!



Mindshift - Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.



Headspace - Stress less. Sleep soundly. Think of Headspace as your mind's best friend. We're here for you whenever you need us, wherever you are, helping you get through tough times and find joy in every day. Through science-backed meditation and mindfulness tools, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.



Breathe - offers various breathing exercises so you can create your own custom breathing patterns. - Equal Breathing: helps you to relax, focus, and be present, Box Breathing: also known as four-square breathing, is a simple and highly effective technique for stress relief, and 4-7-8 Breathing: also called "The Relaxing Breath" promotes better sleep.



Beatstar - Mindfulness with music! Follow the rhythm to your favorite songs! Tap and Swipe to the instruments, vocals or beats to master your favorite songs and experience them in a whole new way. Every beat is yours for the taking, just make sure you can keep up.



Just Rain - Just Rain is a soothing generator of rain sounds and visuals. Listen to varying degrees of rain sounds from gentle drizzle to intense downpour -- controlled by a simple drag of your finger. Just Rain also features stereo audio panning and an interactive rain visualization. Use it to relax, to study, or to sleep!

LINKS TO OTHER GREAT RELAXATION AUDIOS

QUICK MENTAL VACATION - [HTTPS://WWW.ANXIETYPANADA.COM/ARTICLES/QUICK-MENTAL-VACATION/](https://www.anxietycanada.com/articles/quick-mental-vacation/)

BODY SCAN - [HTTPS://WWW.ANXIETYPANADA.COM/ARTICLES/QUICK-MENTAL-VACATION/](https://www.anxietycanada.com/articles/quick-mental-vacation/)

TEST ANXIETY - [HTTPS://WWW.ANXIETYPANADA.COM/ARTICLES/TEST-ANXIETY/](https://www.anxietycanada.com/articles/test-anxiety/)

SLEEP STORIES - [HTTPS://INSIGHTTIMER.COM/MEDITATION-TOPICS/SLEEP/BEDTIME-STORIES](https://insighttimer.com/meditation-topics/sleep/bedtime-stories)