

THERE'S AN APP FOR THAT

Feeling anxious and overwhelmed but not sure how to de-stress? There are many ways you can find inner peace – all from the palm of your hand.



Apps can be downloaded from the Apple App store or Google Play store.



Just **10-20 minutes a day of meditation** can begin to build a healthy pathway in your brain.

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CREATING A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

Breathe2Relax

This app will guide you through diaphragmatic breathing, a deep breathing exercise that promotes relaxation. You can also sync it with your Apple Watch to track your heart rate as you perform this exercise.

Calm

Whether you have just a couple minutes to spare or half an hour, this app offers both short and long guided meditations that you can use to help you relax. Calm also offers programs for a more restful sleep.

HeadSpace

Mindful Meditation: HeadSpace includes several features, including daily meditations, sleep meditations, and stress relief and coping meditations, all to help you find balance in your life.

InsightTimer - Meditation App

This app contains thousands of guided meditations as well as an extensive music library meant to calm your mind and help you sleep better.

MindShift CBT

Using evidence-based strategies based on cognitive behavioral therapy (CBT), MindShift can help you reduce worry and combat negativity.

Smiling Mind

With features designed specifically for children, teens and adults, this app walks you through daily mediation and mindfulness exercises.

If you, your child, or someone you know are thinking about suicide or self-harm, call or text 988, the National Suicide & Crisis Lifeline or go to the nearest hospital emergency room.

Ways to meditate

Meditation is an excellent tool to manage stress and maintain balance. It can be done in stillness or with movement, such as walking, Tai Chi or yoga. With meditation we produce lower levels of stress hormones and inflammatory markers. This is often demonstrated in lower blood pressure, slower heart rates and respirations.



Walking



Yoga



Meditation