

Mindfulness On-The-Go: Free Mindfulness Mobile Apps



Manage stress and anxiety while on the go with these free mobile apps available in both English and Spanish.



Happify's science-based activities and games can help you overcome negative thoughts, stress, and life's challenges. Our techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy for decades.

Cost: Free, with in app offers || Available on: Apple App Store, Google Play Store



Live Happy Bringing you scientifically proven tips and ideas to live a happier and more meaningful life through interviews with positive psychology and well-being thought leaders.

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Insight Timer aids both beginners and seasoned meditators in finding peace of mind, improving sleep quality, and managing stress and anxiety and with a library of over 60,000 free guided meditations users can meditate on Insight Timer without spending a dime

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These resources are not intended as medical advice; they are tools to help promote good mental and physical health. If anxiety or stress interferes with your ability to function or care for yourself or your family, seek immediate professional help. Check in with your personal physician, contact your company-sponsored Employee Assistance Program (EAP), call the National Suicide Prevention Lifeline (1-800-273-8255) or Crisis Text Line by texting “start” to 741-741.

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