**Phone Apps to help with meditation/mindfulness/reflection:**

* **Insight Timer**  
  Insight Timer is a free app that allows you to choose different meditations to listen to. You can browse their large collection or type in a keyword (such as; stress) to find meditations that suit what you may need.  
  Available on Iphone and Android
* **Headspace**  
  Headspace is a free app that introduces you to the concept of meditation/mindfulness with small 10 minute daily meditations. After completing the course, you have the option to pay money to access other courses related to different topics such as sleep.   
  Available on Iphone and Android
* **Smiling Mind**  
  Smiling Mind is a free app that allows you to do different mindfulness and meditation tracks and programs related to your needs; such as sleep, stress, etc. It also has mindfulness programs from age 7 onwards, so is a great resource for getting kids, teenagers and young people into mindfulness. They have curated a special program of meditations to help people manage their stress and anxiety during lockdown with COVID-19 called “Thrive Inside”.  
  Available on Iphone and Android
* **Relax Melodies**  
  Relax Melodies is a free app that allows you to pick different nature sounds to listen to, to help with relaxation and/or sleep. It allows you the option to also mix your favourite sounds together to create a unique relaxing sound that suites you. It has a subscription service that will come up when signing up, however you can click the ‘x’ in the top left hand corner to close it and still access the free service that has a number of calming sounds.   
  Available on Iphone and Android
* **Day One Journal**   
  Day One is a great free app for journaling if you prefer using your phone or want to be able to journal on the go without carrying a book. It allows you the chance to create unlimited entries and also attach photos, audio, drawings and other information to your entries.   
  Available on Iphone and Android
* **Grateful (A gratitude Journal)**   
  Grateful is a free app that allows you to write daily entries on things you’re grateful for. Each session starts with a prompt, to make writing easy. It allows you 15 free entries, or if you’d like to create more, you can pay for a one off purchase to do unlimited entries and create your own writing prompts.   
  Available on Iphone
* **STAIR Coach**   
  Stair coach is an app designed to help those with using Skills Training in Affective & Interpersonal Regulation, which is Cognitive & Behavioural type Therapy. It may be helpful for those experiencing symptoms of trauma or distress.