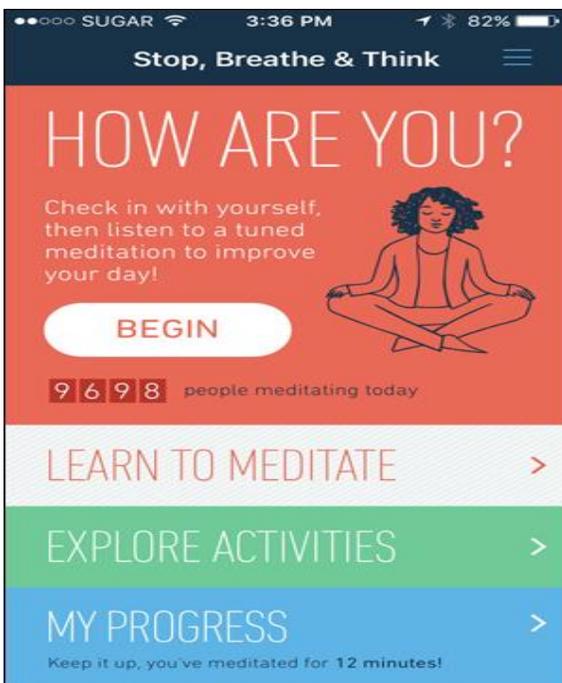


“Meditation is like a gym in which you develop the powerful mental muscles of calm and insight.”

Choosing an App

- Listen closely to the voice or voices in it. “Do you like the voice of the person on the app?” Otherwise, it could get annoying.
- Do you want basic instructions or hold-my-hand instructions? “Some are more detailed.
- How much interaction do you want? Do you want timed reminders?
- Check to see if there is a free trial period before subscribing.
- Determine why you want to try it: to sleep, anxiety, stress? Many apps have specific meditations.
- Don’t think you have to spend a lot. Some apps are free!

Stop, Breathe & Think (<https://www.stopbreathethink.com>)—the name says it all. You check in, telling—honestly—how you feel right now. Then the app suggests what you might like to do with your mood (fall asleep with a 2-minute meditation? Take a 4-minute walk?). This app customizes the meditation to your mood. FREE or options for: Premium subscriptions are \$58.99 yearly; a monthly subscription is \$9.99.



UCLA Mindful (<https://itunes.apple.com/us/app/ucla-mindful/id1459128935?ls=1&mt=8> or <https://play.google.com/store/apps/details?id=org.uclahealth.marc>) promises to be easy-to-use and is free; among the many features, it has basic meditations for getting started (English & Spanish), includes information about the science supporting it, and weekly podcasts from the UCLA Hammer Museum on different themes.



EXERCISABILITIES

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Headspace (<https://www.headspace.com>). To access, you need to sign up, but many features are free, and they personalize it, asking if you want to meditate to quell anxiety, for instance, or to sleep better. You can get a reminder at a certain time of day, or not. You can sign up later to add features beyond the free basics by paying \$95.88 annually.



10% Happier (<https://www.tenpercent.com>). This app first gets to know you—Do you meditate? Why are you here? Your gender and age, please? Would you like a daily reminder? After a one-week free trial, the fee is \$99.99 a year. There are guided meditations, talks, daily features, and more.

Buddhify (<https://buddhify.com>). For the nonconformist in you, this app promises it won't tell you what to do. It's \$4.99 on the app store (no free trial available, but you can get a free preview on their YouTube channel, just google Buddhify & YouTube). There's 200 plus meditations, all levels; if you've got hyped up grandkids, there are 60 meditations just for youngsters. If you want to "dive deeper," and get even more features, there is an optional \$30 annual membership.



EXERCISABILITIES

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Calm (<https://www.calm.com>). There’s a 7-day free trial, then a \$59.99 annual fee. Or, go big and get Calm for Life, \$399.99 and done. It does offer a lot—meditations, sleep help, music to relax by, experts on mindfulness.

