

Instant Calm: Smart Phone Apps to Decrease Performance Anxiety
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Relaxation Techniques

Muscle to Mind: Deep breathing, progressive relaxation, yoga

Mind to Muscle: Cognitive strategies, meditation, autogenic training, hypnosis

Deep Breathing

Breathe2Relax (iOS/Android, free): Deep breathing instructional guide.

Belly Bio Interactive Breathing (iOS/Android, free): Biofeedback app.

Universal Breathing: Pranayama (iOS/Android, \$4.99): 15 min/day breathing exercises to improve sleep, endurance, and manage mood and stress levels.

Stress Doctor (iOS, iPhone 4+, iPad Pro, min. 9.7 in, iPod Touch, 5th/6th gen.; \$4.99): Deep breathing exercise to lower heart rate in 5 minutes. Biofeedback graph.

Progressive Muscle Relaxation

Autogenic Training and Progressive Muscle Relaxation (PMR) (iOS/Android, \$2.99)– Guided Rest and Meditation Techniques. AT is 11 minutes,

Pacifica and **Mindshift** (see *Cognitive Strategies*) and **Omvana** (see *Meditation*)

Yoga

5 Minute Yoga (iOS only, free): Good for beginners. Five-minute sessions. No video.

Daily Yoga (iOS 8.0 or later/Android, free): 500+ poses, 50 sessions, 3 levels.

Down Dog (iOS 9.0 or later/Android, free): Choose playlist and length of session.

Pocket Yoga (iOS 9.0 or later/Android, \$2.99): 27 routines for multiple levels.

Cognitive Strategies

Pacifica (iOS/Android; free; Pacifica Labs, Inc.): Track mood, journal, self-talk.

MindShift (iOS/Android, free): For adolescents. Journaling/positive thinking.

What's Up? Mental Health App (iOS/Android, free): Written directions.

Worry Watch (iOS only; \$1.99): Journal tool; log worries/outcomes, track trends.

Worry Box (Android only, free): Coping statements, relaxation audios.

Meditation Apps

Headspace (iOS/Android, free; 10-day trial; \$6.24-\$12.95/month): Ten minutes a day; tracking page and diverse recordings (Christian meditation option).

Subscription available for performance anxiety. Popular; strong reviews.

Omvana (iOS/Android, free): Library of recordings target goals like decreasing stress; connects to Healthkit, the iPhone health app. Can use “mixer” to mix favorite music or sounds with guided meditations. 32-minute progressive relaxation.

Calm (iOS 9.0 or later/Android; free): Select duration and theme. “Sleep stories,” breathing exercises. “Calm Kids” has sleep stories and meditations for children.

Stop, Breathe, and Think (iOS/Android; free): “Check-ins” at different times with guided meditations. Includes acupressure and yoga videos. Earn stickers to unlock features. Track mood, emotions, and physical wellness before and after meditation.

Insight Timer (iOS/Android, free): Guided/silence with timer.

Dharma Seed (iOS, free): For spiritually inclined; rooted in Theravada Buddhism.
21-Day Meditation Experience ((iOS/Android, free): Oprah and Deepak Choprah. Journal feature; idea-focused exercises. “Samples” page: 2 series with 3 free days.
The Mindfulness App (iOS/Android; free 5-day practice; \$9.99/mo): Customizable.
OMG. I Can Meditate! (iOS/Android, free; \$12.99/mo subscription): 10 min/day; some specific issues like insomnia and work performance. Kids’ program available.
Five-Minute Christian Meditation (iOS/Android, free): Bible verses by topic.
Yoga Nidra (iOS/Android, free): Deep relaxation practice. 10, 20, 30 min. sessions.
Mindfulness Daily (iOS only, \$1.99;): A few minutes, 3 times/day. 21 days included.
Buddhify (iOS \$4.99/Android, \$2.99): select from 15 parts of day, for 5-30 minutes.
Take a Break! (iPhone, free/Android, “Meditation Oasis,” free): 2 guided meditations: a 7-minute “work break” or a 13 minute stress relief exercise.
Simply Being (iOS/Android, \$1.99; “Meditation Oasis”): 5, 10, 15, 20, or 30-minute.
Monkey Meditations (iOS only): \$79.99 annual/\$9.99 monthly subscription.

Heart Rate Variability

Camera HRV (iOS; \$5.99): Record, plot, export HRV information. iOS Health app.
HRV4Training (iOS 8.0+, iPhone 5+, \$9.99): Scientifically validated, detailed data.

Other Apps

Hypnosis

HelloMind (iOS, free): Ten-session “treatments,” Quick Fixes (5-minute sessions).

Meridian Tapping

MET (iOS, \$.99): Meridian Energy Techniques for Dissolving Fear and Anxiety

Alexander Technique

Awareness in Activity (iOS/Android, \$4.99): AT principles, 15 min. Active Rest.

Sleep

Relax Melodies (iOS/Android, free): Sleep aid with over 50 sounds and tunes.
Sleep Time (iOS (iPhone only)/Android, free, \$1.99 for SleepTime+): Lets you fall asleep and wake up to ambient, relaxing sounds. Tracks sleep patterns.

Biofeedback

InnerBalance (iOS, free): Designed for Inner Balance Sensor, on HeartMath.com for \$159. Monitors heart rhythms. To reduce fatigue, improve focus, and find calm.

Wearable Technology:

Thync (thync.com; \$199, 30-day free trial): Uses propriety neurostimulation programs to stimulate nerves on your head and neck to energize or relax you.
Halo Neuroscience: \$749 Halo Sport headphones for training. Small charges to neocortex increase brain’s neuroplasticity. <https://www.haloneuro.com/science=>

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