

MEDITATION APPS FOR PEACE AND CALM

Meditation is a mind-body practice that involves focusing attention inward, breathing and developing a non-judgmental awareness of your thoughts and feelings. The goal is to increase calmness.

Studies show meditation and mindfulness can lead to:

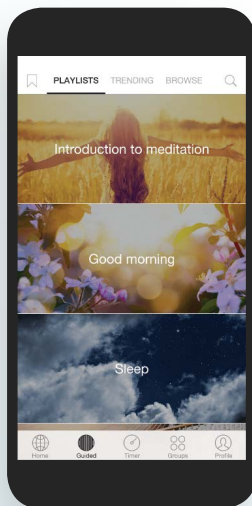
- better mood and general well-being in patients with all cancers
- less distress in patients with lung cancer
- less anxiety and depression, reducing long-term emotional and physical side effects of treatment and hormone therapy in breast cancer patients
- better quality of sleep
- improved psychological functioning and mindfulness in partners of cancer patients

— ASCOpost.com Issues, May 25, 2017, *The Role of Meditation in Cancer Care*

INSIGHT TIMER

4,500+ Guided Meditations

COST
Free



CALM

Great for beginners
Anxiety, focus, body scan

COST
Limited free meditation
Upgrades: \$12.99 per month or \$4.99 per month with annual purchase



LOVING MEDITATIONS FOR CANCER

Visual meditation and video

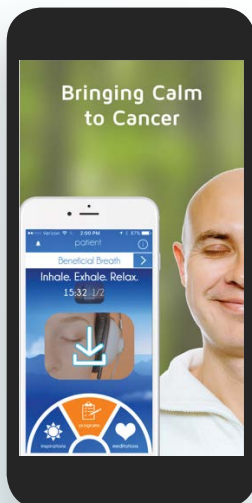
COST
Free — limited access



Upgrade \$2.99 per month or \$19.99 per year

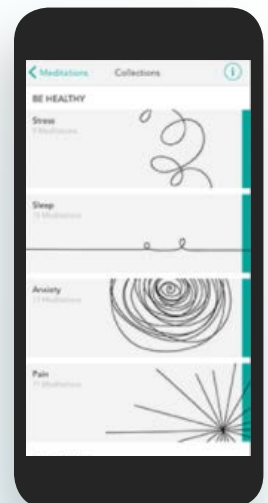


*Available in Spanish



MEDITATION STUDIO APP AND UNTANGLE PODCAST

COST
App — \$3.99
Podcast — Free

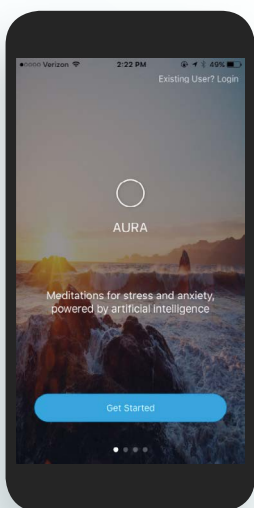


MEDITATION APPS FOR PEACE AND CALM

AURA

COST

Free — limited
Upgrade: \$7.99
per month

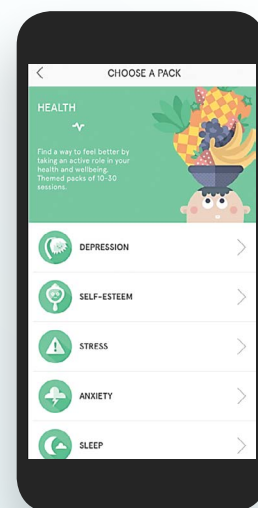


HEADSPACE

Great for beginners

COST

10 free sessions
\$12.99 per month

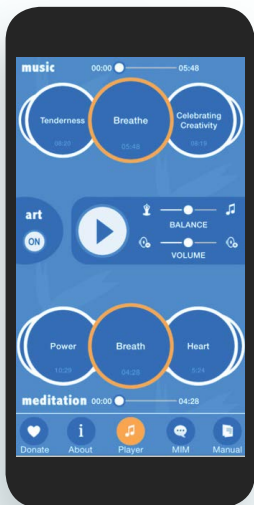


CREATE TO HEAL

Stress relief
through creativity
for cancer patients

COST

Free

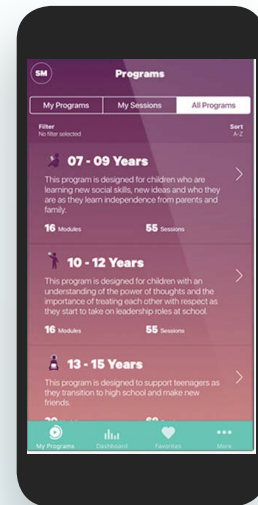


SMILING MIND

For adults and
children (7+ years)

COST

Free



REFERENCES: Garland, 2013; Schellekens, 2017; Hoffman, 2012; Würtzen, 2013; Birnie, 2010

Department of Supportive Care Medicine | Patient, Family and Community Education