



Meditation Apps for Peace and Calm

Meditation is a mind-body practice that involves focusing attention inward, breathing and developing a nonjudgmental 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
- Better quality of sleep
- Less anxiety and depression, and reducing long-term emotional and physical side effects of treatment and hormone therapy in breast cancer patients
- Improved psychological functioning and mindfulness in partners of cancer patients

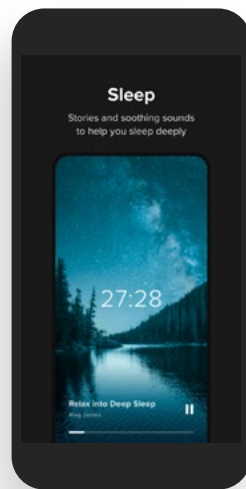
— ASCOpost.com Issues, May 25, 2017, *The Role of Meditation in Cancer Care*

INSIGHT TIMER

4,500+ guided meditations

COST

Free



CALM

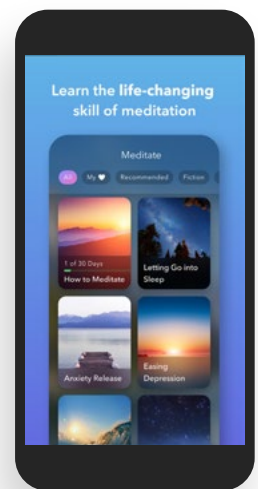
Great for beginners
Anxiety, focus, body scan

COST

Limited free meditation



Full access
starting
at \$41.99



LOVING MEDITATIONS FOR CANCER

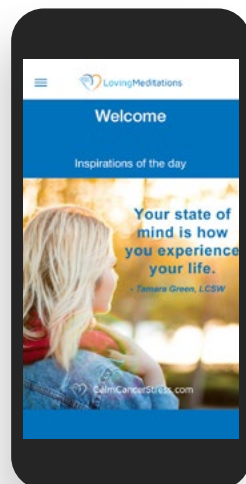
Visual meditation and video

COST

Free — Limited access



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

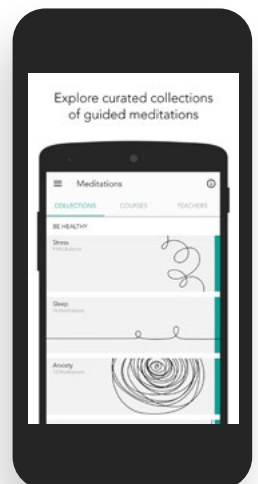


MEDITATION STUDIO APP AND UNTANGLE PODCAST

COST

App — \$3.99 per month

Podcast — Free



Available in Spanish



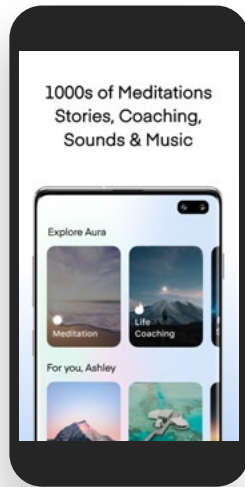
Meditation Apps for Peace and Calm

AURA

COST

Free — Limited

Upgrade: \$7.99 per month



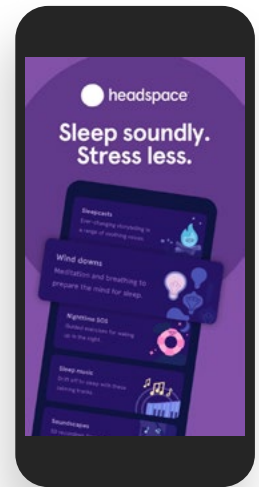
HEADSPACE

Great for beginners

COST

10 free sessions

\$12.99 per month

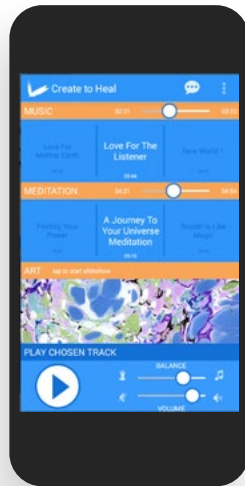
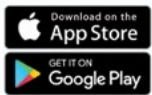


CREATE to HEAL

Stress relief through creativity for cancer patients

COST

Free

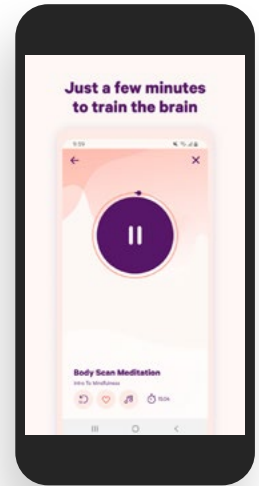
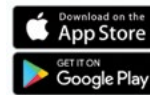


SMILING MIND

For adults and children (7+ years)

COST

Free



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