

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
- 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

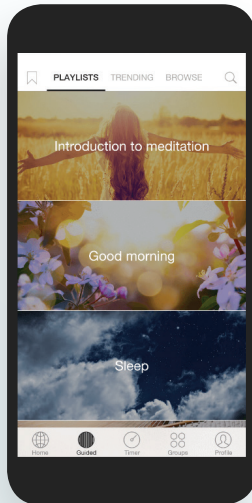
— **ASCOpost.com** Issues, May 25, 2017,
The Role of Meditation in Cancer Care

25% discount for City of Hope patients, caregivers and employees on the first year of an annual subscription. Go to: www.calm.com/groupdiscount

INSIGHT TIMER

4,500+ Guided Meditations

COST
Free



CALM

Great for beginners
Anxiety, focus, body scan,
sleep stories

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



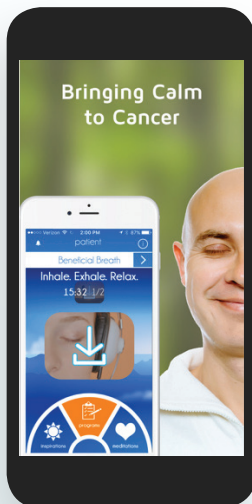
LOVING MEDITATIONS FOR CANCER

Visual meditation
and video

COST
Free — limited access



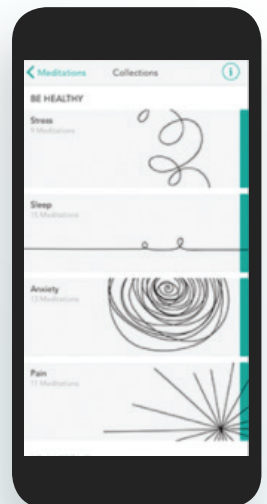
Upgrade \$2.99
per month
or \$19.99
per year



*Available in Spanish

MEDITATION STUDIO APP AND UNTANGLE PODCAST

COST
App — \$3.99
Podcast — Free

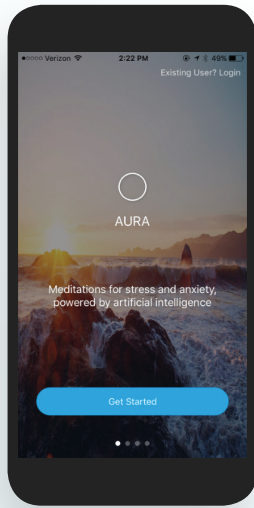


MEDITATION APPS FOR PEACE AND CALM

AURA

COST

Free — limited
Upgrade: \$7.99
per month

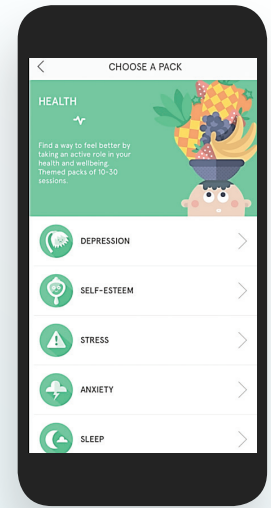


HEADSPACE

Great for beginners

COST

10 free sessions
\$12.99 per month

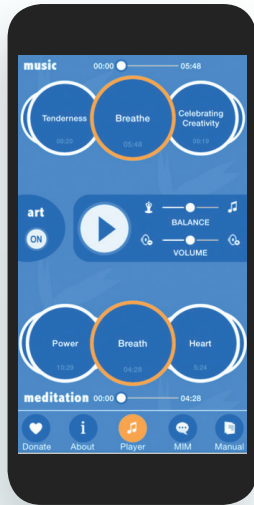


CREATE TO HEAL

Stress relief
through creativity
for cancer patients

COST

Free

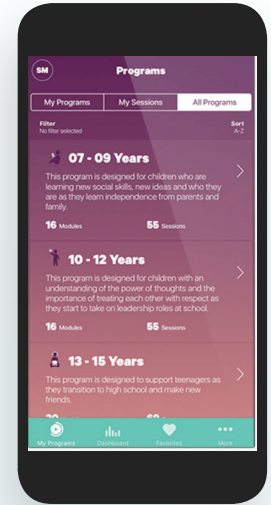


SMILING MIND

For adults and
children (7+ years)

COST

Free



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

This is for information purposes only.
City of Hope has no affiliations with the developers of these apps and has no preference over one versus the others.

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