

Six Meditation Apps to Help You Remain Calm

According to Merriam-Webster.com, meditating is defined as "to engage in contemplation or reflection." COVID-19 has displaced a lot of peoples' way of life, from their job to daily routine. In this current situation, it is important to try to stay calm. People turn to different activities, such as running, walking, gardening, reading, or yoga, to help de-stress. Meditation has become a popular activity that some individuals have turned to during this stressful event to help them remain balanced. Below are a few meditation apps or programs that may help you during this time:

1. **Aura** offers various meditations for adults, as well as nature sounds, life coaching, and music. This app personalizes these services based on your mood (which you select within the app). Aura is only available on smartphones and works with both Apple and Android users. Currently, this service is available only in English, but is available worldwide. Aura's basic content is free to use; however, you can utilize their premium plan (which unlocks unlimited meditations and more diverse types of meditations) for a monthly, annual, or lifetime subscription fee. To download the app and learn more about their meditation services, please visit <https://www.aurahealth.io>.
2. **Buddhify** offers different meditation sessions for adults and children, as well as timers so you can track your progress within the app. These sessions cover various categories from de-stressing to meditating with a friend or coworker. This app is only available on smartphones and works with both Apple and Android phones globally. Currently, this app is only available in English; however, the creators of Buddhify have another app called **Meditation Now** that is available in several other languages. To use these apps, you pay an annual membership fee. To download these apps and learn more about their meditation services, please visit www.meditationnowapp.com or <https://buddhify.com>.
3. **Calm** offers a variety of meditation for users at all levels on a variety of topics, whether its calming anxiety or mindfulness for children. This app is available on computers and smartphones and is compatible with Apple and Android users all over the world. Calm is available in many languages, including Korean, French, and Spanish. There are no fees to use Calm's basic content; however, if you are interested in their premium plan, which includes the entirety of their meditation library, a monthly subscription fee is charged. To download the app and learn more about their meditation services, please visit <https://www.calm.com>.
4. **Headspace** offers a variety of meditation types, from guided meditation to sleep meditation, for both adults and children. This app is available on computers and smartphones and is compatible for both Apple and Android users worldwide. There are several languages available, including French, Spanish, and German.

Headspace offers a free trial for new users, but after this period there is a monthly or annual subscription fee. To get a free trial, download the app, and learn more about their meditation services, please visit <https://www.headspace.com>.

5. **InsightTimer** offers an assortment of meditation sessions that cover a variety of topics (depression, anxiety, insomnia, stress). These sessions are available worldwide on their website or through a smartphone app, which is compatible with both Apple and Android phones. There are also several language options available, including French, Dutch, Spanish, and Portuguese. You can access InsightTimer's free library just by signing up with your email on the website or app, but they offer a premium plan for a monthly subscription fee. The premium plan unlocks more detailed playlists and meditations, as well as personalized courses from instructors. To download the app and learn more about their meditation services, please visit <https://insighttimer.com>.
6. **Sattva** offers various meditations for different instances, as well as chants, mantras, and music, for adults. It also includes a heart rate monitor, personalized reminders, and inspirational quotes, as well as an online community where you can interact with other users. This app is available only on smartphones, but is compatible on Apple and Android phones. Sattva is available for use worldwide and in several languages, including French, Spanish, German, and Portuguese. There is a monthly or annual subscription fee to use their services. To download the app and learn more about their meditation services, please visit <https://www.sattva.life/apps#home>.

Whether you practice meditation on a regular basis, or you are a beginner, these apps may be helpful options to keep you grounded during this stressful time. Please also be sure to read the Terms and Conditions, as well as the Privacy Policy, for each app before purchasing or downloading.

Sources

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