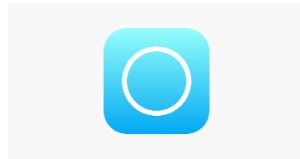


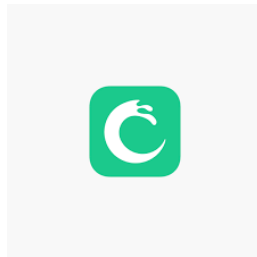
## Mindfulness Apps for Young People's Emotional Health and Wellbeing.



Aura walks your teen through a 3-minute meditation to help calm and distress. You let aura know how you are feeling, and the app chooses the best meditation for you. Aura also offers mood tracking and daily reminders for breathing exercises



Calm is the number 1 app for mindfulness and meditation for teens. Calm meditation has breathing programmes, relaxing music, and sleep stories, recommended by top psychologists.



Pacifica app manage stress, live happier. Pacifica offers daily tools for stress and anxiety as well as having a supportive community. This app is unique as their tools are based on cognitive behavioural therapy and meditation.



.Moods is a mood tracking app. Teens will find this one simple and easy to use because it take just a few moments to track your moods each day.



Hear and now app Manage stress and anxiety with an app installed on your smartphone that reminds you to breathe and measures your heartbeat, showing if it is responding to the exercise.