

Which apps are you familiar with?

Mindfulness Bingo

<u>Alarmy</u>	<u>Any.do</u>	<u>Sanvello</u>	<u>Rescue Time Lite</u>	<u>Studios</u>
<u>Calmly Writer</u>	<u>Cold Turkey</u>	<u>Insight Timer</u>	<u>Calm App</u>	<u>Aura</u>
<u>Breathes: Meditation & Sleep</u>	<u>Headspace</u>	FREE SPACE	<u>Inscape</u>	<u>Ten Percent Happier</u>
<u>Mindfulness Daily</u>	<u>Omvana</u>	<u>Sattva</u>	<u>Simply Being</u>	<u>Smiling Mind</u>
<u>My Life: Stop, Breathe, Think</u>	<u>The Mindfulness App</u>	<u>Simple Habit</u>	<u>Buddhify</u>	<u>UCLA Mindful App</u>

Find access to many of these apps on our
USA Library Tech Tools website:
[https://library.usa.edu/tech-tools-
students](https://library.usa.edu/tech-tools-students)