# 3 Apps That Can Help You Meditate and De-Stress

Need some support to de-stress and meditate? There are many apps out there that you can download onto your mobile device. In this tutorial, I will cover the 3 most helpful apps you can use for de-stressing. Many of them will have meditation techniques that you can incorporate into your daily life.

## Smiling Mind

Smiling Mind is one of the top apps that people use. It’s free so you don’t need to spend any money to start using it. It was developed by psychologists and educators about mental health so you know it has all the proper and proven techniques to make sure you are meditating correctly.

There are also sections of the app that you can use for the whole family (-including the kids) which is great if you need to destress as a family.

Many people used this app during the COVID-19 pandemic and it continues to become more popular.

## Insight Timer

This app is also completely free. It has over 30,000 guided sessions aimed to help you meditate and find your zen.

The guides range from beginner to advanced, making it perfect for all skill levels. There’s also a section for kids if you want to de-stress with them. Some of the guides have music which is perfect for those who like to do yoga or meditate with music.

Make sure to listen to some of the pep talks offered by Indian yogi Sadhguru or psychotherapist Anthony DeMello . There are also talks by many educators and other people who can give you tips.

## Calm

Calm is for those that are looking to find peace of mind. It has been downloaded more than 50 million times and is one of the top meditation apps on the market. You can choose guides and videos based on what you want to learn whether it be anxiety, stress, or a desire to form better habits.

There are also sleep stories by Matthew McConaughey which are meant to help you destress before bed.

It comes with a free seven-day trial followed by a $15 monthly fee or a $70 annual fee. You can also buy a one-time $400 fee and use the app for the rest of your life.