

# Apply here for stress relief

Could you use a little help dealing with life's stressors? Thanks to today's technology, you have a world of apps right at your fingertips. Here are 6 cool ones to try:

## Free apps courtesy of Cigna

Cigna has made these two popular apps available to Cigna members free of charge when you download them from myCigna (Choose EAP from the Coverage dropdown menu and scroll to the bottom).

### **happify™**

Happify is a self-guidance tool that teaches you how to resist negative thoughts, cope with stress, overcome insecurities and gain self-confidence. You'll find science-based activities, games and meditations designed to improve mindfulness and help you become more positive about your daily life. Happify can be accessed anytime from a desktop or mobile device. Find it at [cigna.happify.com](http://cigna.happify.com).

### **iPrevail**

Get help overcoming anxiety, depression, eating disorders, grief, panic and more with on-demand coaching. You can engage with peer coaches — trained specialists who have faced their own challenges with depression, substance abuse or other behavioral health issues — or work through the activities and lessons on your own. You'll get personalized learning plans based on proven cognitive behavioral therapies. Find it at [iprevail.com/cigna](http://iprevail.com/cigna).

## Mindfulness apps

These top-rated apps teach you how to practice mindfulness anywhere, anytime. They are available at the App Store and Google Play.

### **STOP, BREATHE & THINK**

This app encourages you to stop what you are doing and check in with your thoughts and feelings, breathe mindfully to create space between your thoughts, emotions and reactions, then think with this broadened perspective. The app suggests meditations for you based on your current, self-reported mood. Basic content is free; subscriptions available.

### **TEN PERCENT HAPPIER**

This is an Apple "Best of 2018" award winner. It offers free videos, talks and guided meditations to teach you how to meditate in the simplest way. New content is always being added. A seven-session introductory course is free. Full features require a paid subscription.

### **HEADSPACE®**

This well-known and well-studied mindfulness app offers hundreds of themed sessions as well as bite-sized guided meditations for busy people. It even offers "SOS exercises" when you find yourself suddenly overwhelmed. The basic version offers 10 free guided meditations. Full features require a paid subscription.

### **InsightTimer**

This app offers the largest free library of guided meditations. A low-cost subscription allows users to listen offline, fast forward and rewind, etc.

