

# NONPHARMACOLOGIC MANAGEMENT FOR STRESS: MEDITATION & MINDFULNESS APPS FOR NURSES AND PATIENTS

Being a patient or a nurse can be stressful. Being a patient means having to navigate a complex health system, insurance, treatments, and life. Being a nurse means understanding health conditions, implementing treatments, advocating for patients, giving one's all, along with navigating life. Research demonstrates that meditation and mindfulness are effective, inexpensive, and easy to implement strategies to alleviate stress. To support meditation and mindfulness, there are many apps available on smart devices and computers. Many are free, although more advanced options may require a fee.



- **Breathing Zone** – Relaxing mindful breathing exercises
- **Buddhify** – Meditations on the go
- **Calm** – Meditation, mindfulness, and sleep stories
- **Happify** – Reduce stress, anxiety and negative thinking to improve emotional well-being



**Give yourself the same care and attention that you give to others.**



- **Headspace** – Meditation and sleep
- **HealthJourneys** – Guided imagery, meditations and affirmations with wide range of titles, including in Spanish
- **Healthy Minds Program** – Guide to well-being built around awareness, connection, insight and purpose
- **Insight Timer** – Guided meditations
- **Mindfulness Coach** – Designed by US Department of Veteran's Affairs to reduce stress, anxiety, depression and pain

**'If your compassion does not include yourself, it is incomplete.'** – Jack Kornfield



- **Mindfulness Daily** – Helps establish a daily mindfulness practice three times daily
- **Pause** – Focus, energy, clarity: Meditate through mindful moments
- **Smiling Mind** – Daily meditation and mindfulness exercises
- **Stop Breathe & Think** – Personalized meditations with a breathing timer and tools to track progress
- **Stress Free Now Meditations (Cleveland Clinic)** – Includes mindful breathing, body scan, letting go, loving kindness, others
- **UCLA Mindful** – Meditations in multiple languages

