

# Wellness Wednesday

Youth Services | Wellness Wednesday | April 29, 2020

## Mindfulness Apps for Youth

- What is mindfulness? It's a way to focus your mind and body on being in the present, handling your stress and increasing your awareness. For some people it looks and sounds like active meditation and for others it can be simply noticing your present surroundings and 'being' in the moment.



### [Breathr](#)

This app allows you to try a variety of mindfulness practices and teaches you about the science of your brain.



### [MindShift CBT \(Anxiety BC\)](#)

Free and science-based anxiety tool. Journals, Chill Zone, Check-In, Quick Relief and other FREE features.



### [Insight Timer](#)

Manage sleep, anxiety and stress. Membership available.



### [Stop, Breathe & Think](#)

Check in with how you're feeling, and try short activities tuned to your emotions.



### [Calm](#) (Free/subscription)

Sleep, meditation and relaxation tools.



headspace

### [Headspace](#) (Free/subscription)

Articles, tools and tips for managing stress and anxiety.

- Our thanks and credit to **Dr. Dzung Vo**, who practices adolescent medicine at [British Columbia Children's Hospital](#). "Dr. Vo's medical practice, teaching, and research emphasize promoting resilience in young people to help them thrive in the face of stress and adversity." ([mindfulnessforteens.com/resources](https://mindfulnessforteens.com/resources))
- For more wellness links for youth, visit [pocoyouth.com/wellness](https://pocoyouth.com/wellness)



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