

# Health, fitness and wellbeing apps and online resources

## Mobile Apps for mindfulness

**Breathr**: Dr. Vo helped to develop this mindfulness app for youth with the Kelty Mental Health Resource Centre (British Columbia, Canada). Free for Apple and Android mobile devices!

**Stop, Breathe, and Think**: Web and mobile app for youth, with meditations for mindfulness and compassion.

**Smiling Mind**: Free mobile mindfulness app for young people, from Australia.

**Headspace**: “Meditation made simple.” This app has a free introductory period, after which it requires a paid subscription to continue to use.

YouTube channels for mindfulness:

- Headspace
- New Horizon – Meditation and sleep stories

YouTube channels for fitness:

- 5-minute move – The body coach TV