Health, fitness and wellbeing apps and online resources

**Mobile Apps for mindfulness**

[**Breathr**](http://keltymentalhealth.ca/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**](http://stopbreathethink.org)**:** Web and mobile app for youth, with meditations for mindfulness and compassion.

[**Smiling Mind**](http://smilingmind.com.au)**:** Free mobile mindfulness app for young people, from Australia.

[**Headspace**](https://www.headspace.com/): “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