

Mindfulness Coach Mobile App

Mindfulness Coach is a smartphone application developed for people who may be experiencing emotional distress and for those wanting to maintain healthy coping practices. Mindfulness is a term used to describe a set of several strategies which are designed to change the way people think about everyday life. By helping to focus attention on present experience, and away from potentially distressing thoughts about the past or future, mindfulness meditation helps to reduce tension and worry and improve coping. This app can assist users in practicing mindfulness meditation. People may practice mindfulness to help cope with emotional distress, increase their resilience and build positive skills for managing their lives. Mindfulness has been shown to be useful for stress reduction, depression, physical pain, and other physical and mental health conditions.



Mindfulness Coach was created to introduce the concept of mindfully focusing attention and to facilitate the acquisition of the skill through practice. The app can be used on its own by those who would like mindfulness tools, or to augment face-to-face care with a healthcare professional. It is not intended to replace psychotherapy or other treatment for those who need it.

Features of Mindfulness Coach include:

- Nine guided exercises to practice the core concepts of mindfulness
- Psychoeducation to help the user understand the benefits of mindfulness
- Logs for keeping track of mindfulness practice

Mindfulness Coach Features

This FREE, evidence-based app is available now on iTunes.



Walkthroughs for 9 different exercises, including voice-guided sessions with caption slideshows and an option for self-guided sessions:

- Mindful Breathing
- Mindful Walking
- Mindful Eating
- Mindful Listening
- Mindful Looking
- Leaves on a Stream
- Clouds in the Sky
- Body Scan
- Emotional Discomfort

Users can set reminders to support their mindfulness practice at times of their choosing or random times.

Users can learn:

- Why practicing mindfulness is helpful
- Benefits of mindfulness for PTSD
- Strategies for overcoming challenges to mindfulness practice

Users can log mindfulness exercises and view past logs to keep track of progress.