

## Smiling Mind

"Smiling Mind" is a mobile- and web-based program that aims to promote mental health and well-being through mindfulness meditation. The program intends to assist users in dealing with pressure, stress, and the challenges of daily life. It is designed to be used by individuals from all age groups and in a variety of daily routine settings. Each audio lesson – lasting between 1 to 43 minutes – comprises a sequential step teaching how to meditate through lessons, activities and meditations (where the user is guided through calming breathing exercises and visualizations)."

Smiling Mind App is completely free and there are hundreds of activities. The app can be downloaded on both Android and Apple products but can also be used on your laptop or PC. The links can be found below!

<https://www.smilingmind.com.au/>

<https://apps.apple.com/au/app/smiling-mind/id560442518>

[https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en\\_AU](https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en_AU)