

Helpful Apps to Download

The following apps can be downloaded on any smartphone. Using these apps will be helpful while you are in Zen Institute's IOP program, and on your journey to recovery.



INSIGHT TIMER – Meditation App (FREE)

- Helpful with managing anxiety, depression, stress, and sleep struggles.
- A valuable tool for those struggling with addictions
- Useful for increasing self-esteem and compassion
- One of the most popular and user friendly meditation apps available
- 1.3 billion minutes of meditation
- 3,500 guided meditations to choose from
- 500 music meditation tracks
- Discussion groups to connect with others who are interested in meditation

