



Begin your journey to a more centered you.

## Main features

- Variety of different programs for educators, students, healthcare workers, and more!
- Dashboard tracks self-reported relationships, awareness, sleep, focus, and stress. It also displays time spent in app, sessions completed, sessions to do, and streaks.
- Reminders set at your discretion.
- Save your favorite sessions for easy re-access!
- Provides explanations for the purpose of each session.
- Easy access and legibility of privacy agreement.

## Research

- A subject of 22 different completed and on-going research studies all free to access on their website: <https://www.smilingmind.com.au/research>
- Ranked 2 out of 23 in overall quality (<https://doi.org/10.2196/mhealth.4328>):

App <sup>a</sup>	Engagement	Functionality	Aesthetics	Information <sup>b</sup>	Satisfaction	Overall
1 Headspace <sup>c</sup>	3.8	4.8	4.7	4.0	4.0	4.0
2 Smiling Mind <sup>c</sup>	3.4	4.5	4.3	3.8	4.0	3.7
3 iMindfulness <sup>c</sup>	3.0	4.8	3.7	3.7	2.5	3.5
4 Mindfulness Daily	3.2	4.0	4.0	3.7	3.3	3.5
5 Buddhify 2	3.6	3.8	3.7	3.5	3.8	3.4



## TARGET SYMPTOMS & DISORDERS

- General Mindfulness meditation
- Helps target symptoms of anxiety, depression, and sleep issues.

## TIPS FOR BEST USE

1. Explore different programs!
2. Try it with someone!!
3. Do NOT use prior to class as it induces sleep.
4. Don't be afraid of longer videos! It's a brain workout!
5. Use headphones for privacy or google home for groups

## Real Allegheny Student Feedback!

- "Boy, that Australian man sure knows how to put a lady to bed - best sleep I ever got!"
- "Even on my most stressful days Smiling Mind put my restless mind at ease!"
- "Finals are going to be a breeze with this app!"



SCAN ME