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New year? New goals! Just when you thought you were one step closer towards reaching your target weight, you gobble down a big, fat bar of chocolate.

Is that anxiety knocking on your door? It is important that you go out for a run and inhale that fresh morning air. You know what else is important? Some me time with your phone and an app that can calm those stress hormones down." Let me help you.

Talk to me. Get it off your chest and you'll feel better," she texted her best friend. No reply." Hello? Don't just vanish away in your own bubble. It will only make you overthink unnecessarily," she texted again. No reply. What people don't get quite often is, that sometimes invasion of personal space can make matters worse.

That is why people like her best friend choose to isolate themselves from 'people'. Their affinity to love those people does not change, but just in that moment, they need some space to breathe on their own - maybe to listen to a sad song or two on YouTube, to fill their notes with raw thoughts sitting on their heads, or to read quotes by, say, Rumi. The common denominator here is your phone.

For all these activities that you may be doing under your blanket, you will have your phone in your hands. While you're at it, you might as well tap into another world of relaxation; a world some brilliant mindfulness apps can introduce you to. Here's a list of some of the best relaxation apps for 2018 that you should download right away! 1. Simply Being If you're a

beginner, this one's for you! True to the art of meditation, Meditation Oasis has designed an app that promotes deep relaxation and stress relief.

It makes it to the top of our list because unlike most other relaxation apps, it is not overly clouded with meaningless content. Firstly, SimplyBeing allows you to choose the duration of your meditation session. One really good feature it has is the liberty of being able to manage the volume ratio of music to the voice over that guides the user throughout the session. Another feature worth mentioning is that you can minimize the application, and it will keep instructing you. So for instance, if you have an important e-mail to tend to, your meditation session will not be disrupted (well, unless it is a rejection for a job you may have applied to!) 2. Calm Reduce anxiety, sleep better and feel happier. This is what the producers define 'Calm' to aim to do. One may argue that spending hours on your smartphone is not the best way to do away with that anxiety; there is no denying the importance of an early morning jog and some fresh air to calm those stress hormones down.

At the same time, some downtime with our phones has become a necessity and, if that time is spent on some relaxation apps (in moderation of course), it will be all the more beneficial.