

# Monica Mentions

## Realtors! Refill Your Mindfulness Cup

There's no doubt about it, being a Realtor is a stressful job. Caring about your client's needs and well-being often means sacrificing your own. That's why we created the Empowering Realtors program. Throughout the year, we'll be providing you with tips and tricks for living your best life. First up, mindfulness.

Mindfulness is purposeful attention to the present — without judging yourself or others. Mindfulness puts past actions and future issues on the backburner while you experience and enjoy your present. Taking time out of your day to be mindful is beneficial to your physical, emotional and mental well-being — giving you the energy you need to succeed.

One of the best ways to become mindful is to practice meditation. That can seem daunting if you've never done it, even for myself! To help you get started, I have rounded up a list of some of the best meditation apps. Download one to get started reducing stress and living your best life today. I will be joining you on this mindfulness journey!

### Calm

Free 7-day trial, \$69 for Calm Premium

The No. 1 app for helping users sleep, meditate and relax has more than 100 million downloads and 1.5 million 5-star reviews. It was also named “the world's happiest app” by the Center for Humane Technology. The app provides daily meditation, master classes, music and sleep training. The “Daily Move” is a program that uses short quick movements to energize (or calm) you.

### Shine

Free for basic, \$65 per year for Shine Premium

Winner of Apple's best app in 2020, this daily motivational program offers self-care courses to help you deal with stress, virtual workshops, daily check-ins and personalized support. The app is specifically targeted for marginalized groups, but everyone can benefit from their extensive menu of programs.

### Insight Timer

30-day free trial, \$59 per year MemberPlus

This app boasts an entire section devoted to mindfulness, including lectures, music and guided meditations. The app also offers free streamed yoga classes. A wide range of meditation topics are available tackling subjects such as healing, parents, anxiety, body scan, compassion and grief. Some programs are more spiritual based.

### Healthy Minds

Free

This program is free with no frills, but that didn't stop it from being named New York Times Wirecutter's Best Meditation app in 2021. The world-renowned, neuroscientist research-backed programs rest on four key pillars: awareness, connection, insight and purpose. Upon downloading, you will be asked to complete a survey evaluating where you are on each pillar. This sets a baseline and goals for improvement.

