



Take care of your
mental health

*Find peace through
guided meditation.*



Why should I meditate?

Meditation has been shown to help people stress less, focus more and sleep better. Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day.

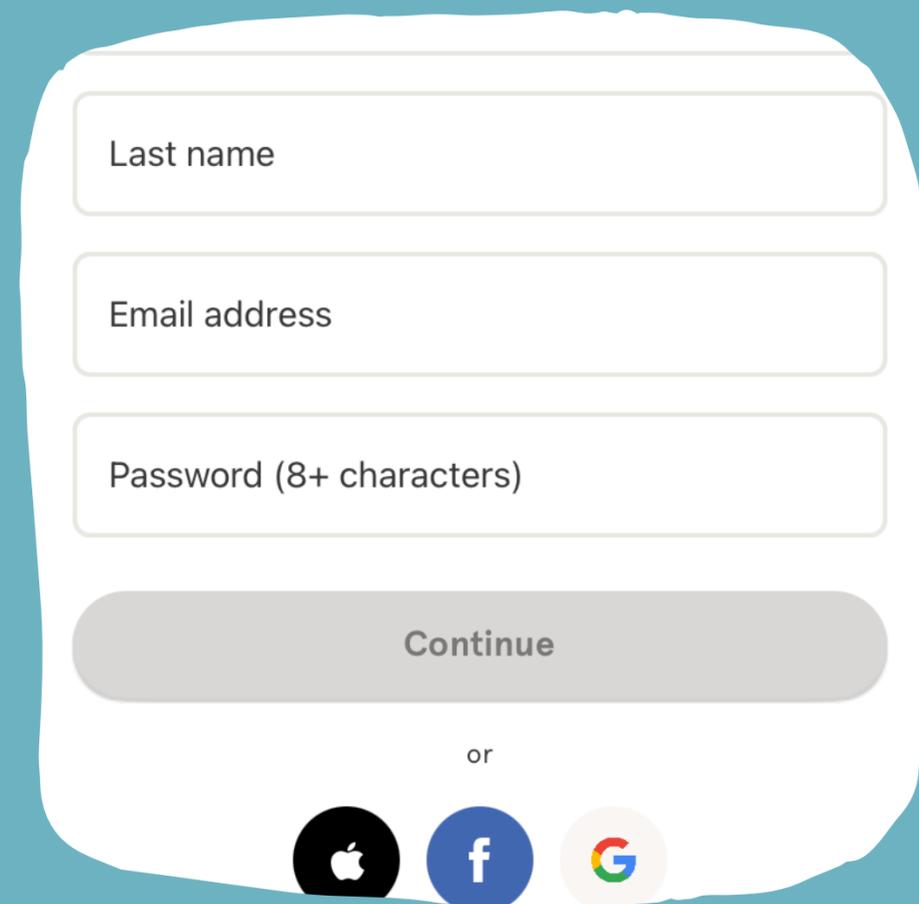


Your Headspace, however you want it

Browse the Headspace Library and pick from courses and single meditation sessions to suit your mood and lifestyle. Choose your session length, replay your favourites and learn how to apply mindfulness to your everyday activities.



Download Headspace, sign up or login by filling in your info



Last name

Email address

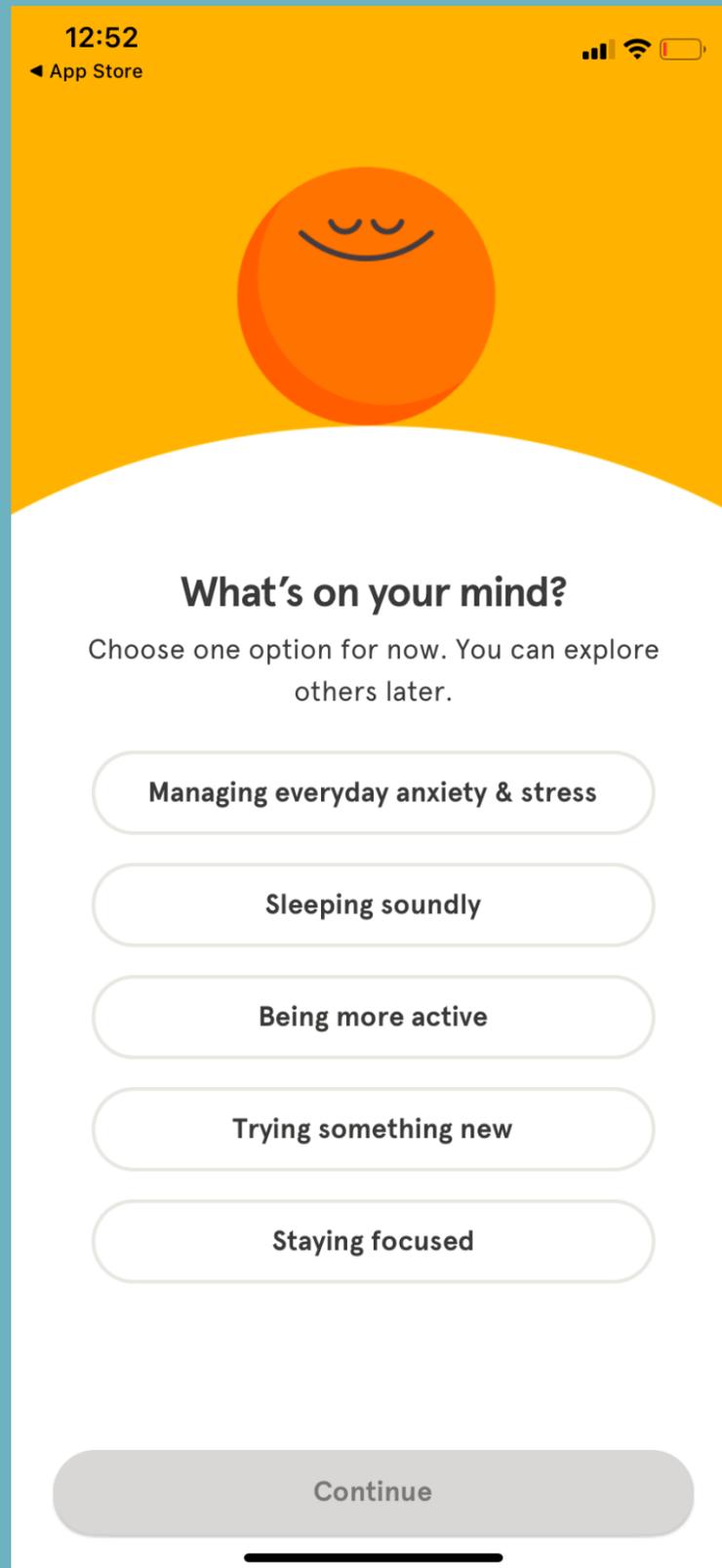
Password (8+ characters)

Continue

or





*Once you login, a short survey will pop up.
Choose one option that resonates with you best.*

12:53



Here we go

Your journey to a happier, healthier
life starts now.



Explore Headspace

After the quick survey, a short breathing exercise will be shown. Follow the steps as shown on your screen.

Follow their short breathing exercise

**Imagine a blue sky. It's
a perfect metaphor
for the mind.**

12:53



Let's see how you're feeling now

Take a moment to check in with yourself. How did that breathing exercise make you feel?

Very relaxed

Relaxed

Tense

Very tense

Continue

*Choose an option that best describes your feelings **AFTER** the exercise. Remember: It is ok to feel the same!*

12:53



That's good news

Learning the right breathing techniques can help you feel more connected to your body by bringing awareness away from the worries in your head.

Meditation – and the breathing that goes with it – can help with all parts of your life. Let's start with the Basics so you can build the foundation for a meditation routine of your own.



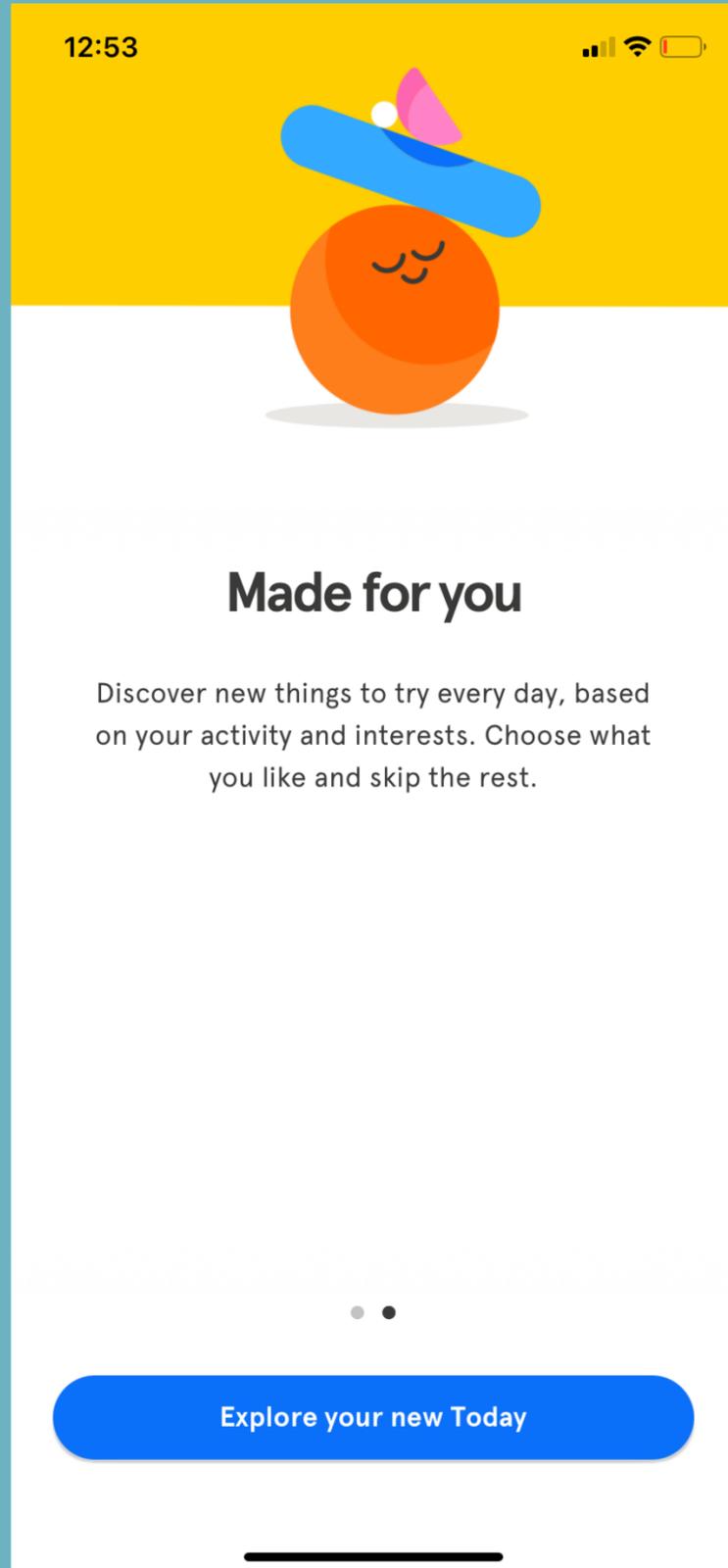
Basics

🔊 Course · 3-10 min

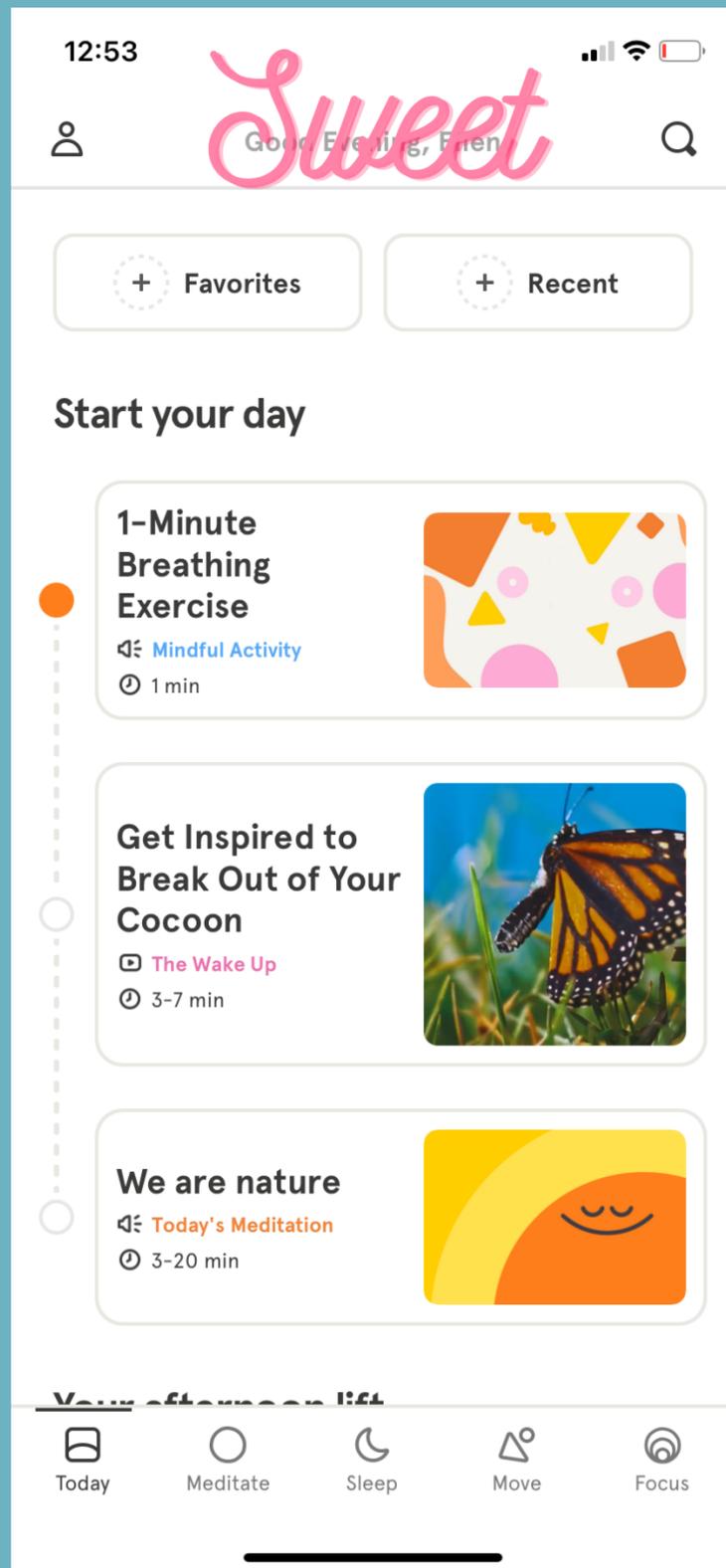
Learn the fundamentals of meditation and mindfulness.

Maybe later

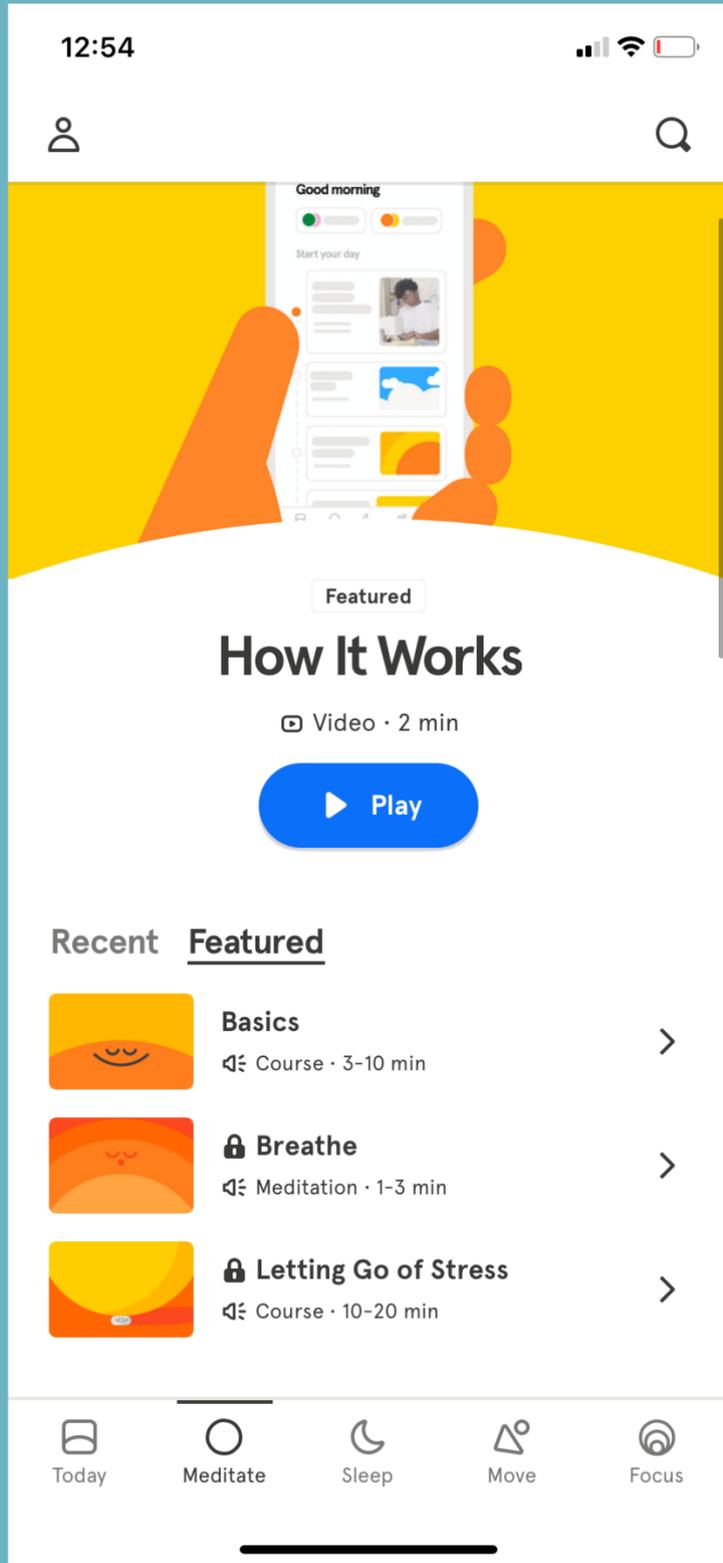
Once complete, click on the BASICS, for a longer (free) meditation exercise, or you can skip the basics.



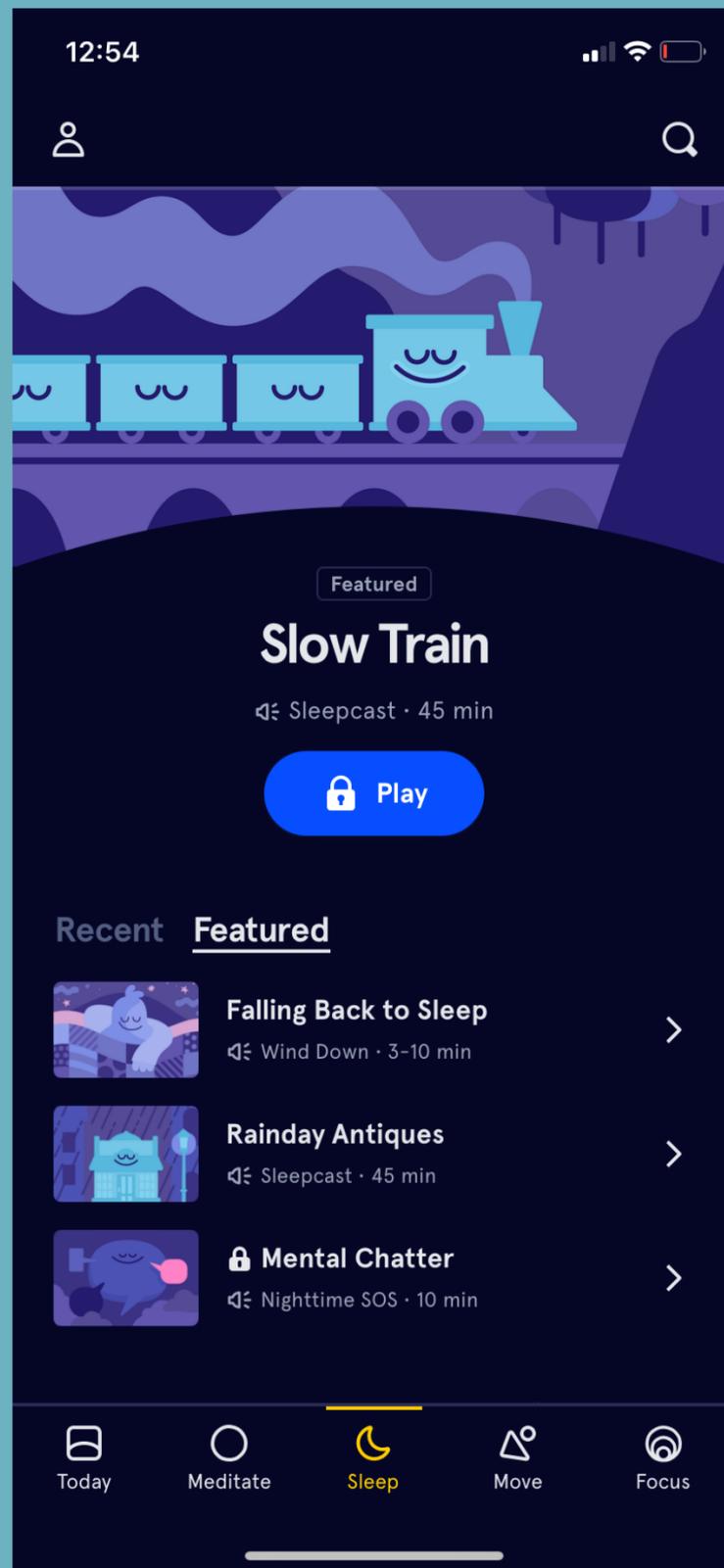
*Now you are ready to begin your journey with
Headspace! Click on Explore your New Today.*



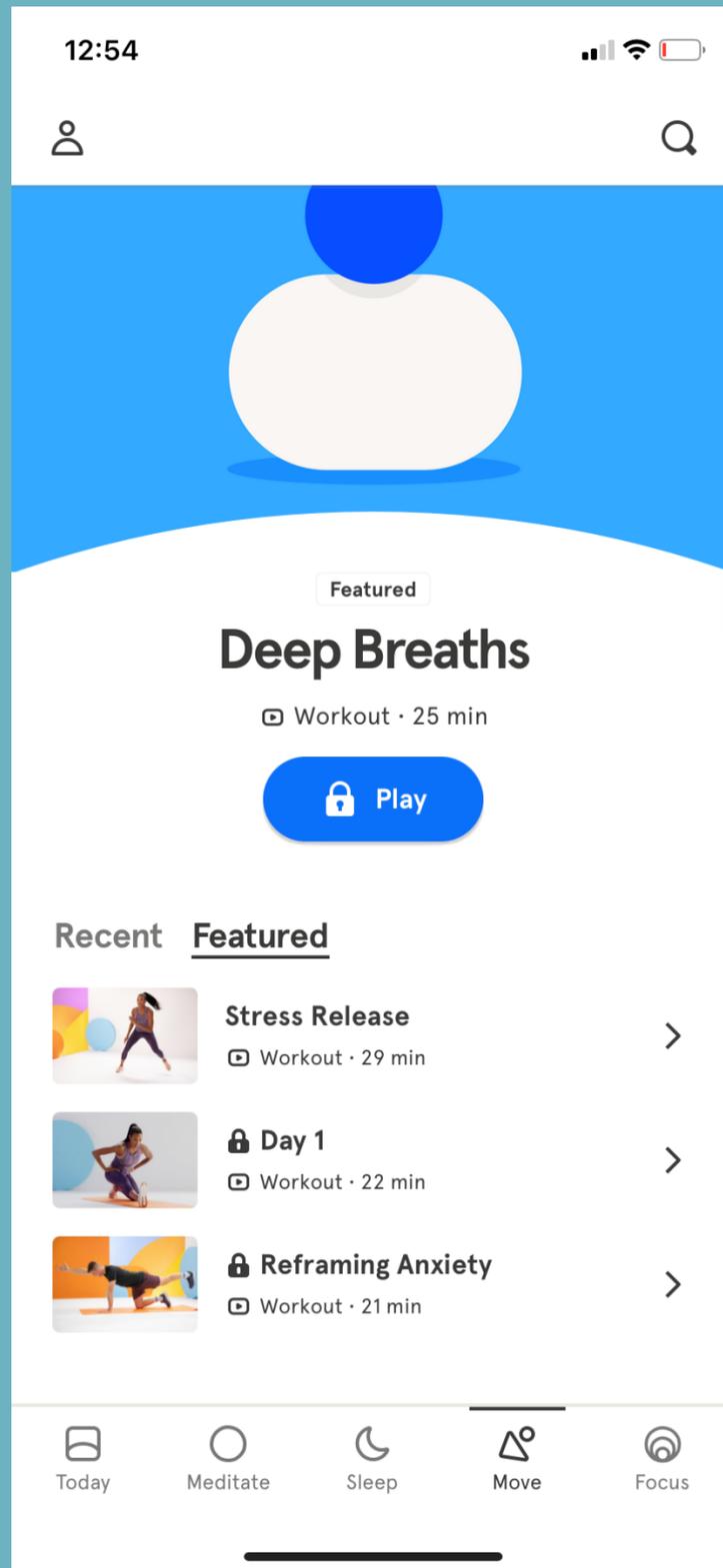
On the home screen, you will see new videos uploaded everyday to start your morning. There are also other recommended videos once you scroll down.



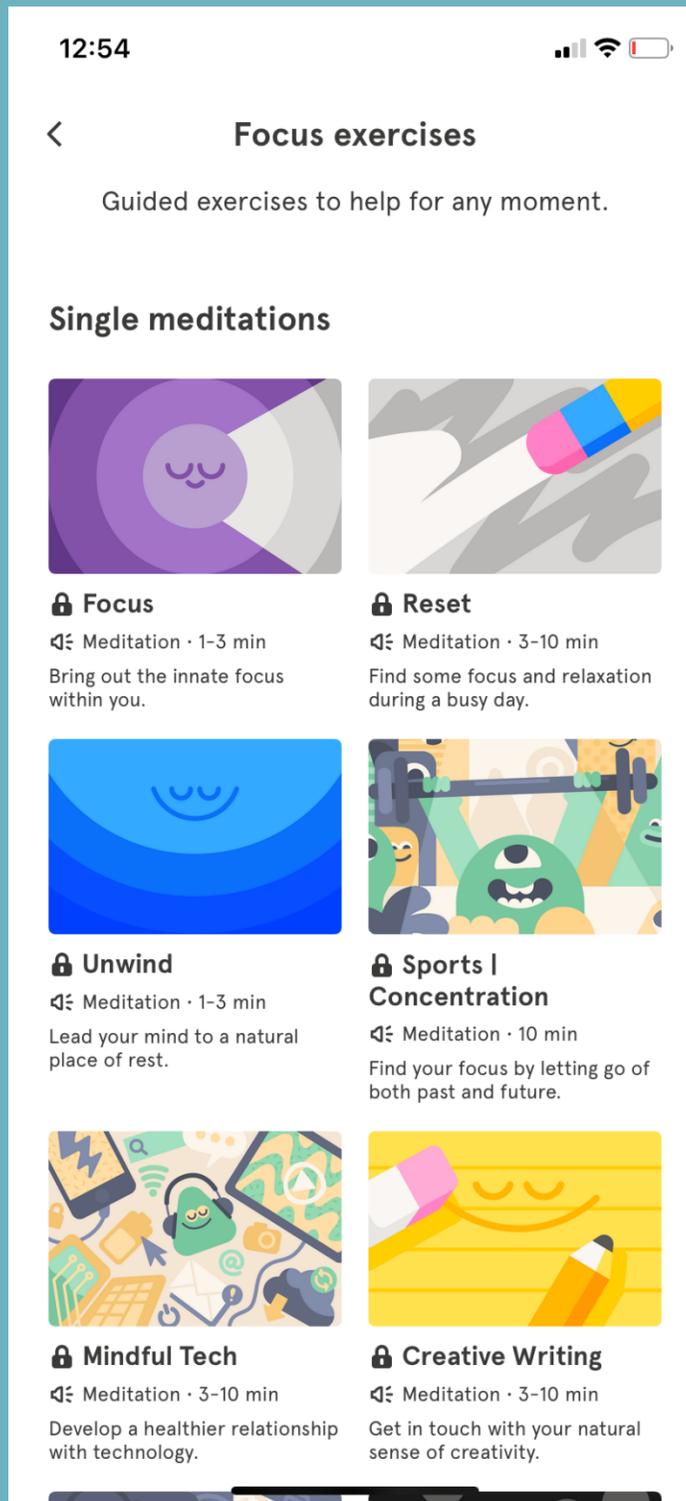
You can repeat the basics, or start your free trial to unlock ALL meditation videos within this app.



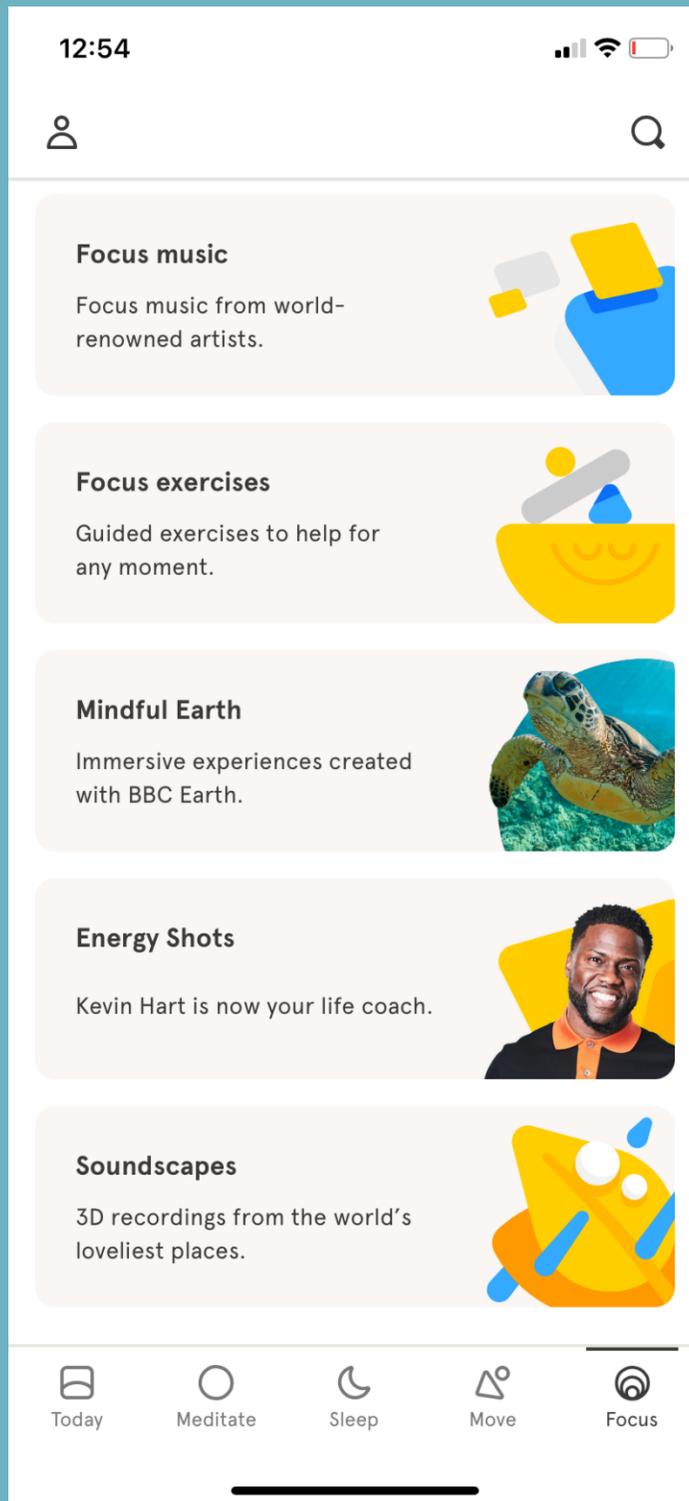
Sleep: Each day, new sleep podcasts will be uploaded for anyone who needs to declutter their thoughts before going to bed.



Move: Workout videos are updated daily, and you can do step by step stress relieving exercises with different workout coaches. Recently, Headspace and NBA created 16 videos on achieving great mindset.



Focus: Motivational speakers or famous celebrities like Kevin Hart are featured daily to increase your productivity. As you scroll down the menu, there are 10 minute videos in partnership with BBC Earth.



Focus Music: Visit Celebrities' playlists!
Focus exercises: All your meditation exercises
Mindful Earth: BBC Earth videos from the safari to the oceans
Energy Shots: Kevin Hart's motivational talks
Soundscapes: Relaxing music/sounds

Thank
you!