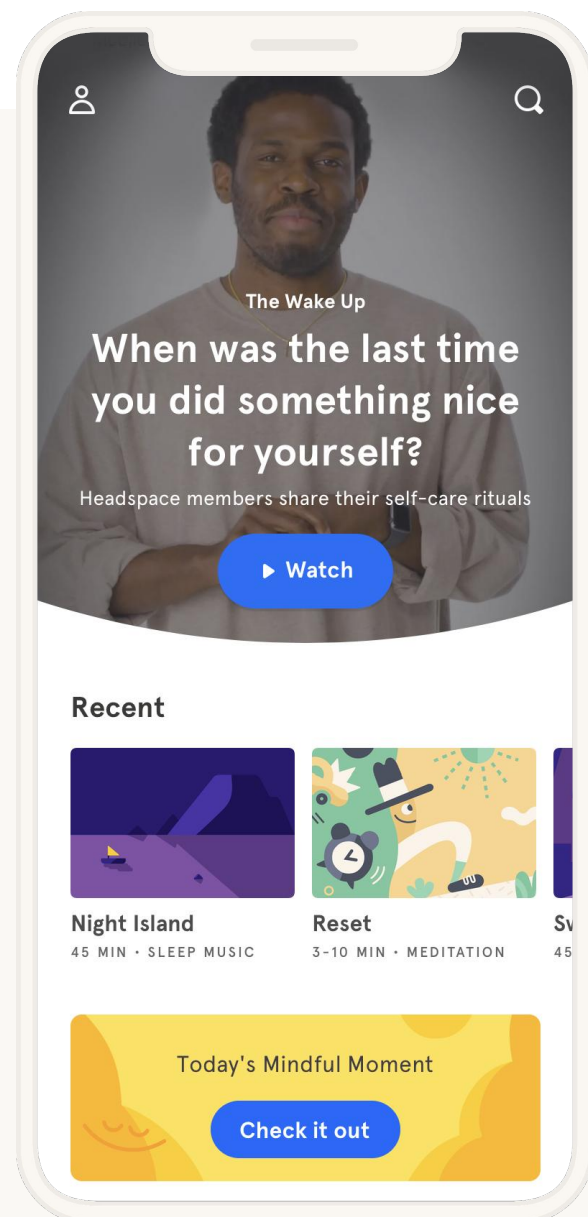


# An overview of the Headspace app

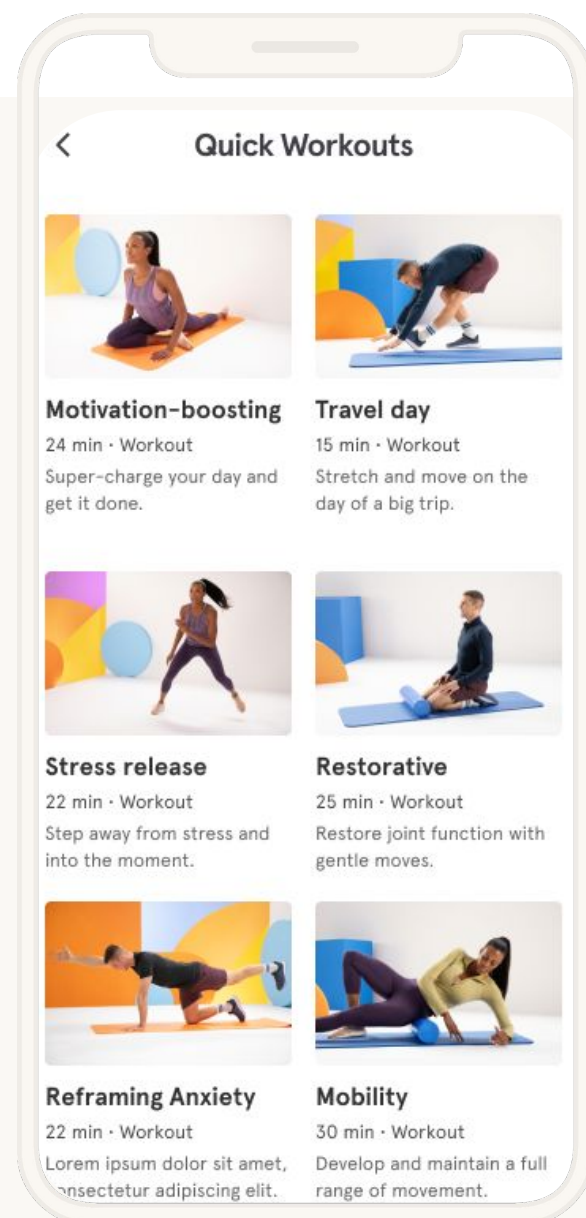


# A day with Headspace



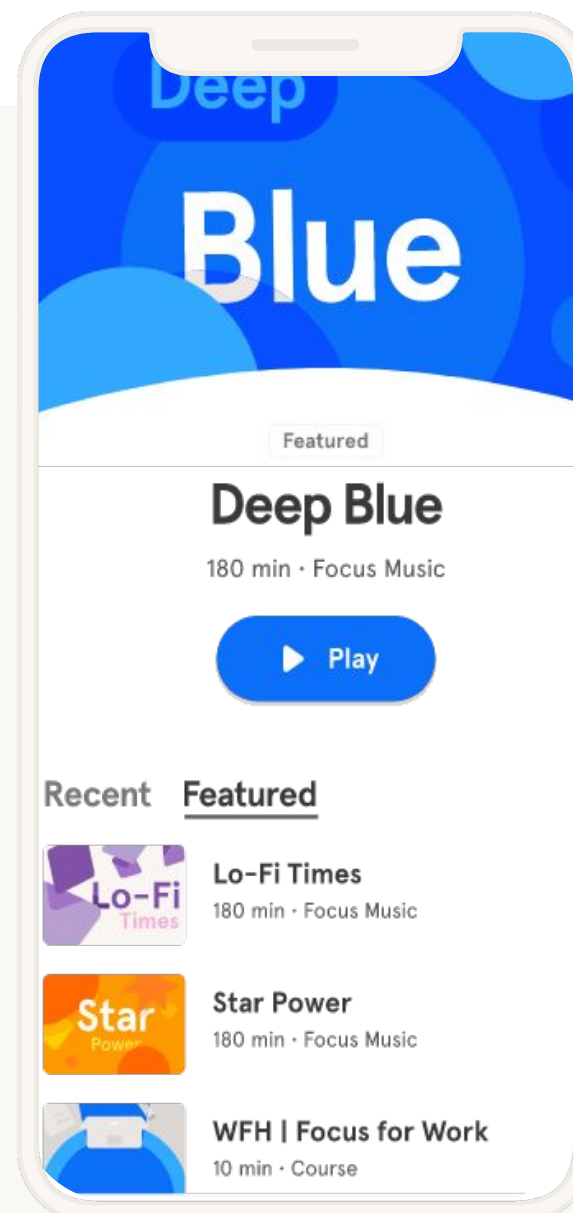
## The Wake up

Fresh, daily content  
Inspiring stories  
Advice from experts



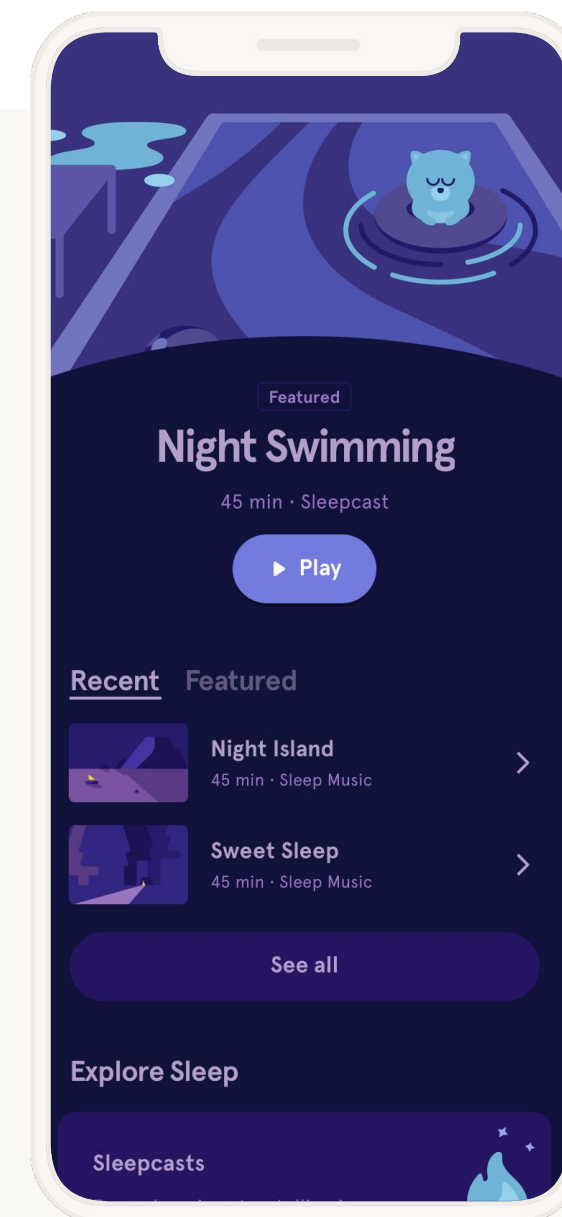
## Move Mode

At-home workouts  
Mindful walks, jogs, & runs  
Rest day exercises



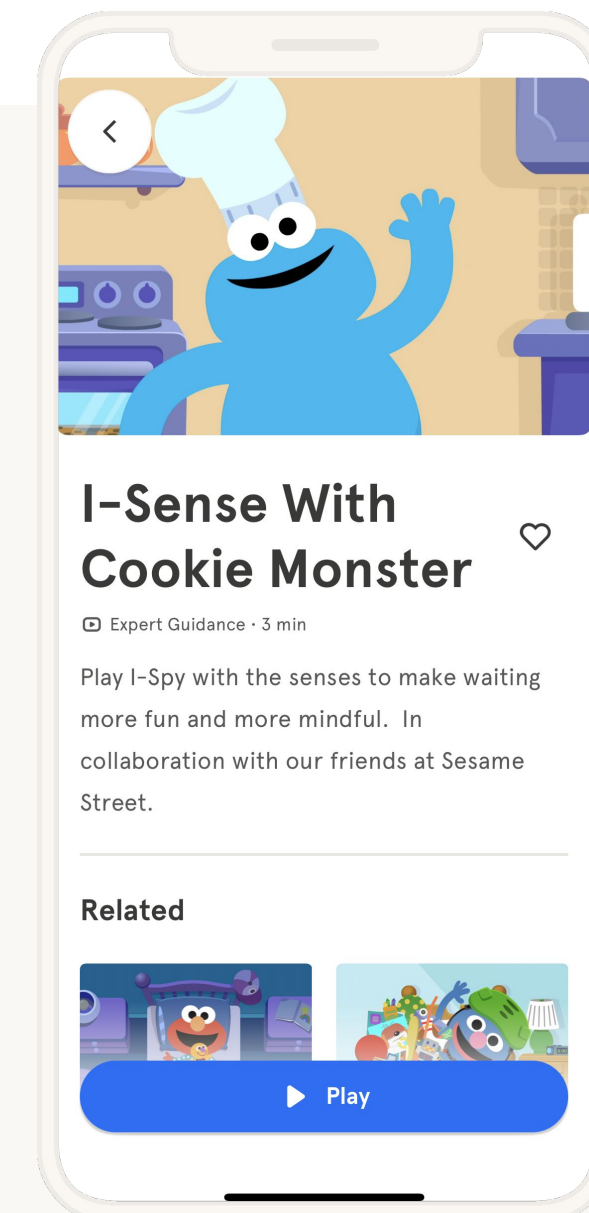
## Focus

Focus music  
WFH exercises  
Mini-meditations



## Sleep

Sleepcasts & sleep  
music, Wind downs,  
& help falling back asleep

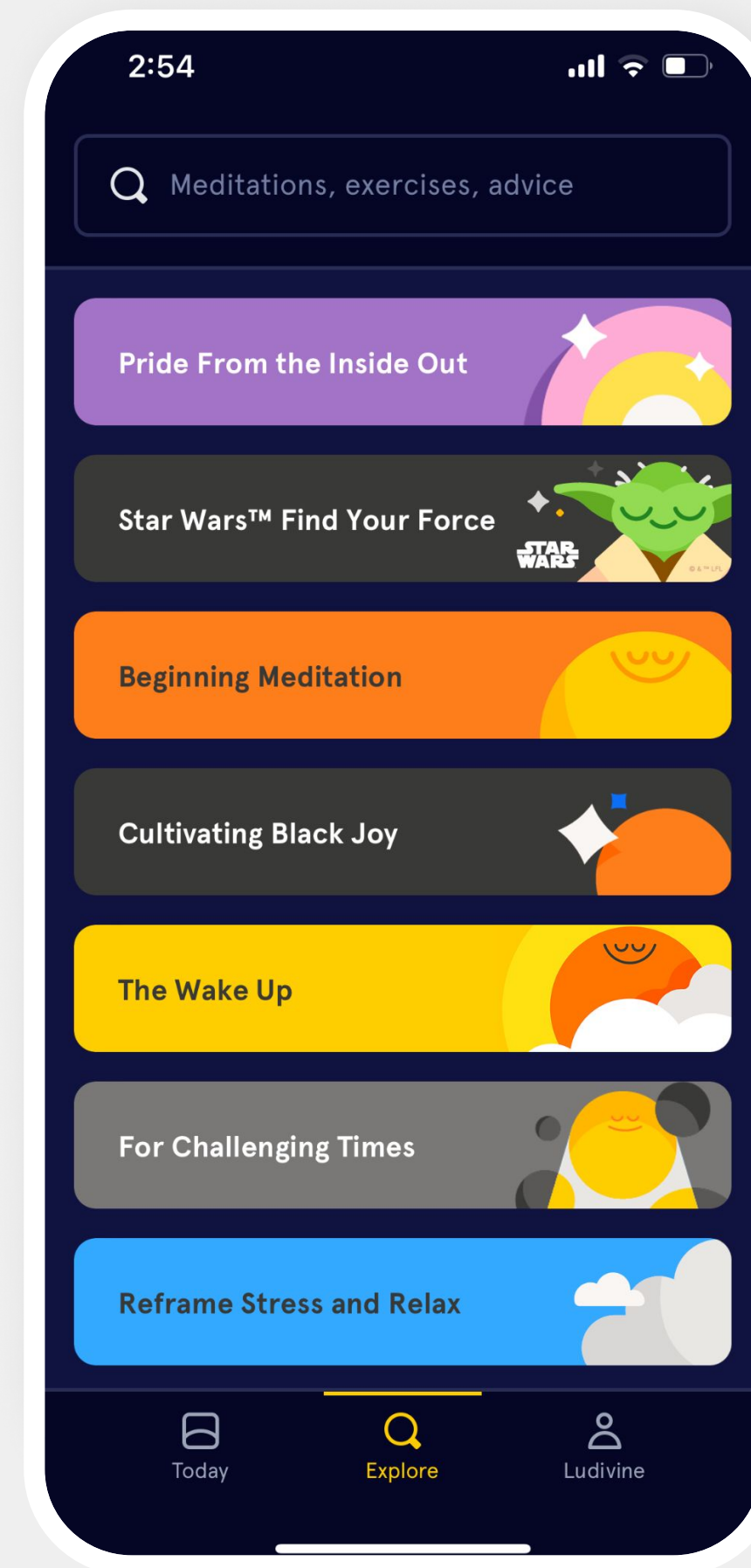


## Kids & parenting

Ages 5-12  
Sesame Street  
Caregiver content

# Something for everyone

Multiple categories of mindfulness courses and single exercises for any mind, any mood and any goal



# Meditate

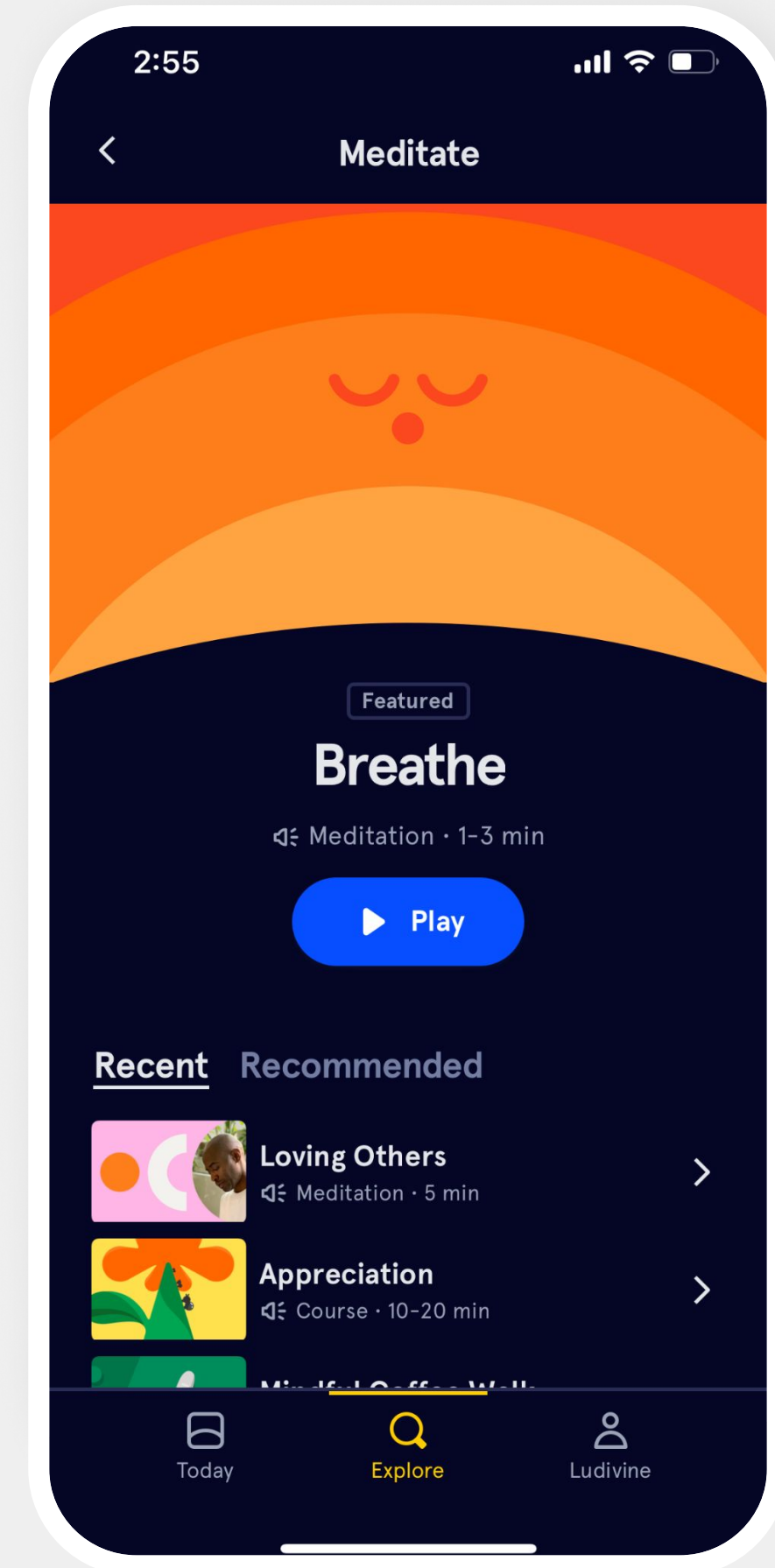
**Courses and singles:** Guided meditations for any moment, on a variety of topics: stress, anxiety, relationships, work, grief, happiness, kindness and so on...

**Beginning meditation:** Learn the fundamental techniques of meditation

**Quick meditations:** Give yourself a moment to breathe

**Timers:** choose a length and press play. Guided or unguided

**Group meditation:** meditate together with other app users



# Sleep

**Sleepcasts:** Ever changing storytelling with a range of soothing voices

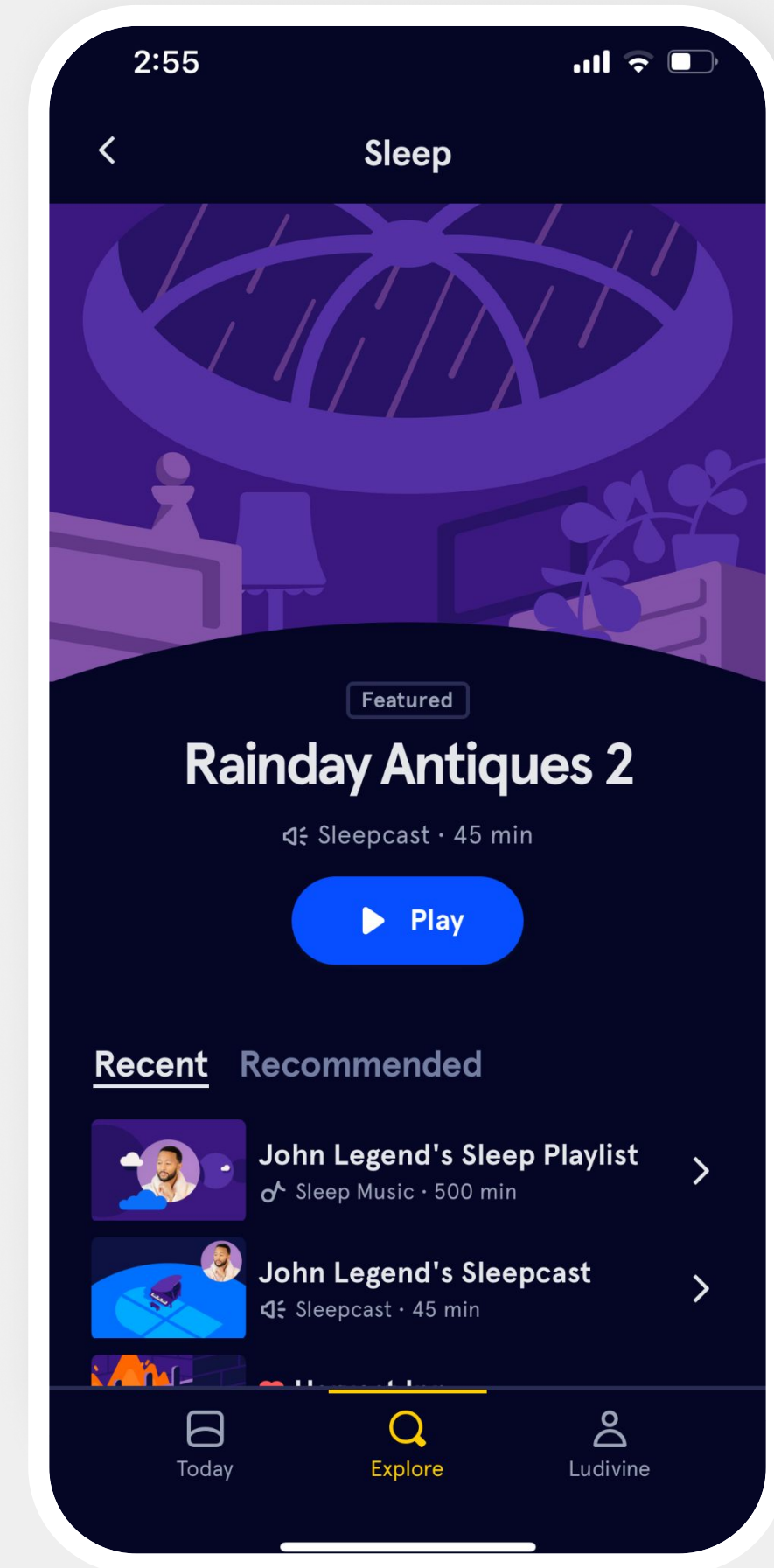
**Wind downs:** Meditation and breathing exercises to prepare the mind for sleep

**Sleep music:** Drift off to sleep with these calming tracks

**Kids and parents:** Your toolkit for better bedtimes

**Nighttime SOS:** Guided exercises for waking up in the middle of the night

**Soundscapes:** 3D recordings from the world's loveliest places



# Move

Find new ways to get moving, for members who want to be more mindful or consistent with their exercise routines.

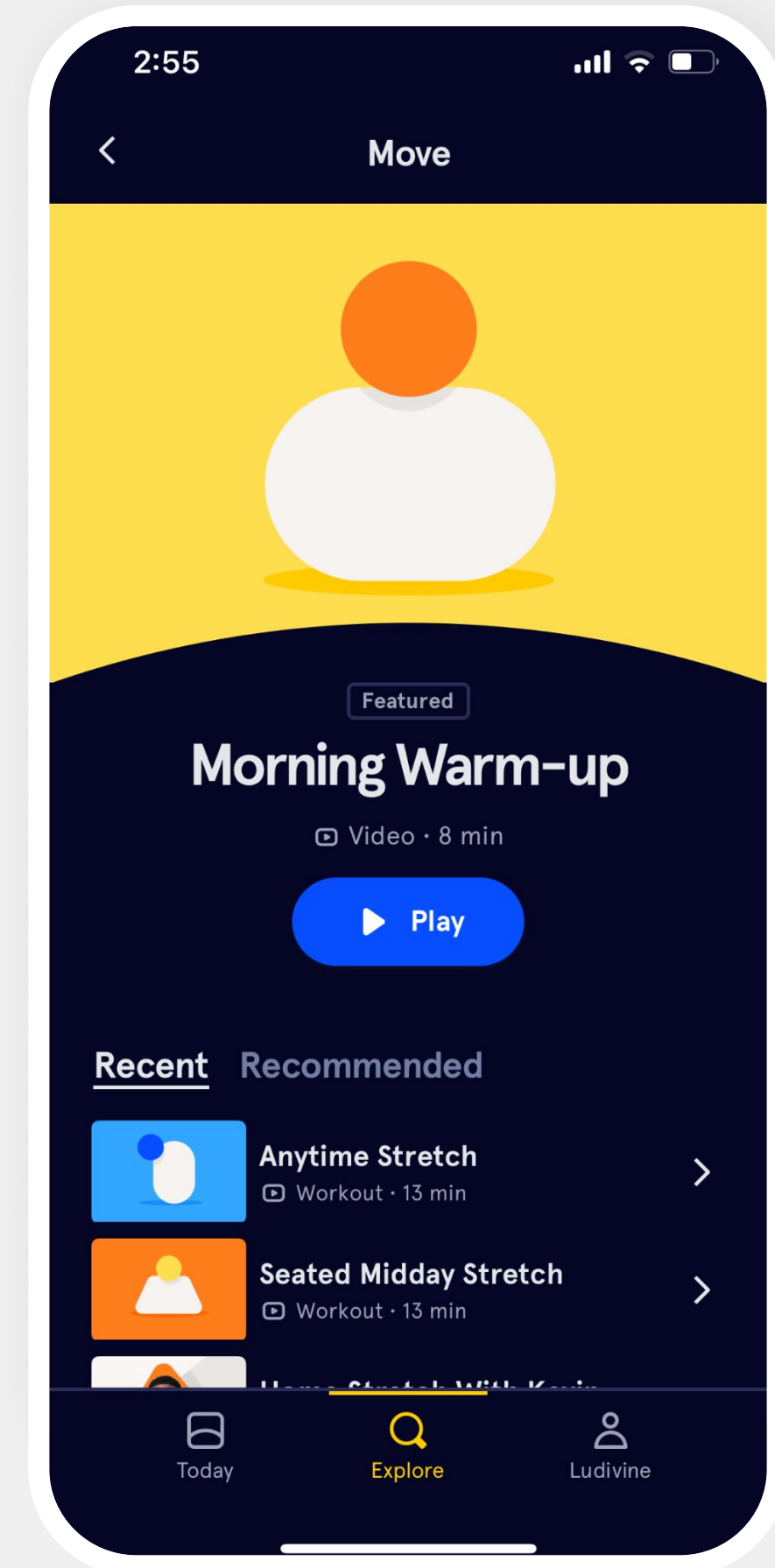
**Mindful cardio:** 15-min sessions that combine walking, jogging, and running. Including our mindful cardio with Kevin Hart

**Get moving programs:** Gentle 30-day programs with a different theme each week to propel you into a mindful fitness habit

**Quick workouts:** Simple 25-min workouts ranging from stretching to more intense workouts - no equipment needed!

**Rest days meditations:** A great workout routine needs rest days, and ours offer the perfect opportunity to incorporate mindfulness

**Yoga:** Yoga classes for waking up, falling asleep, strengthening muscles and every breath in between

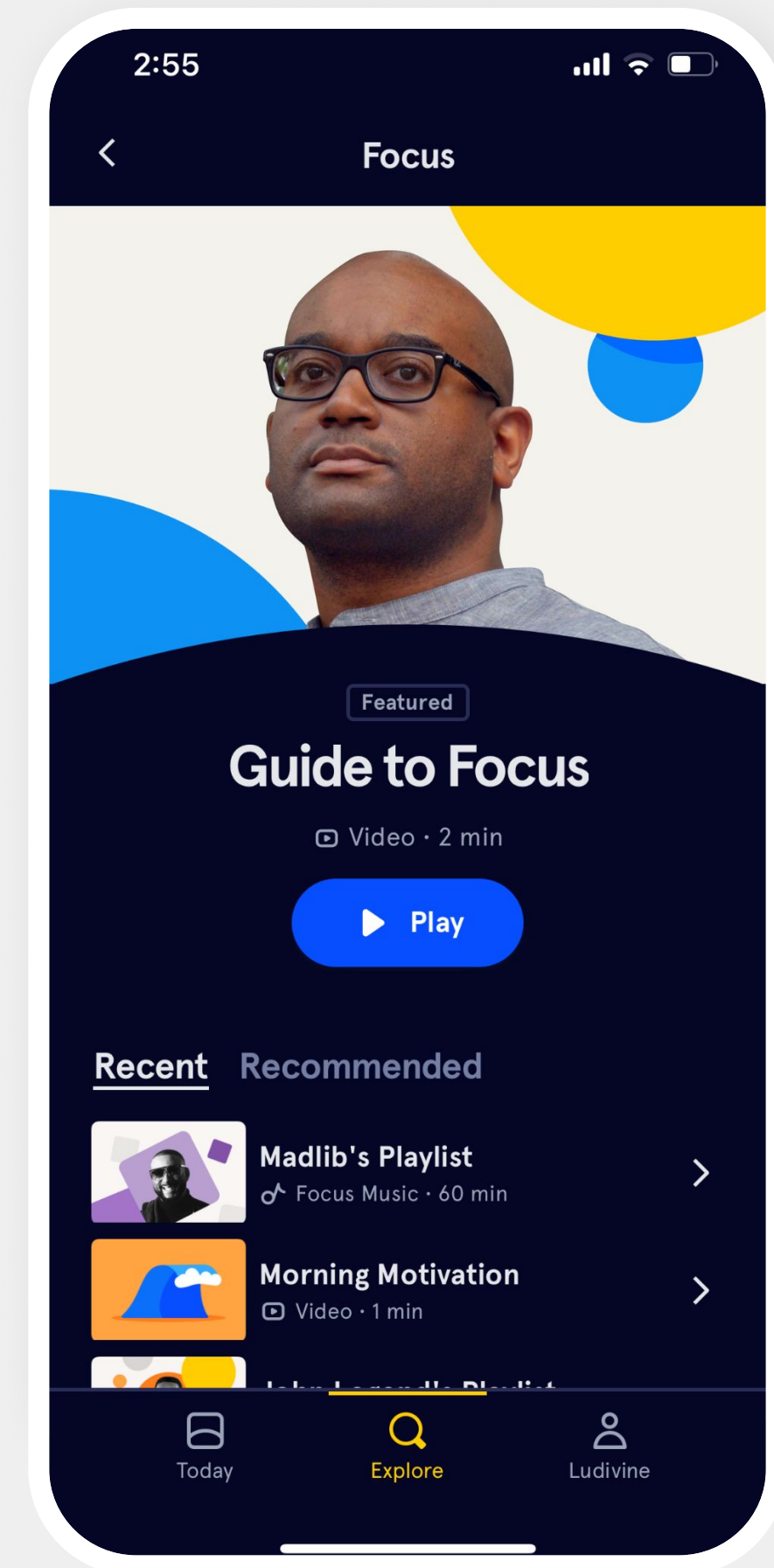


# Focus

**Kessonga's guide to focus:** Gain a mindful approach to focus and attention

**Quick focus resets:** Short exercises for getting back into focus

**Focus music:** Find and keep focus with music from world-renowned artists such as John Legend and Hans Zimmer



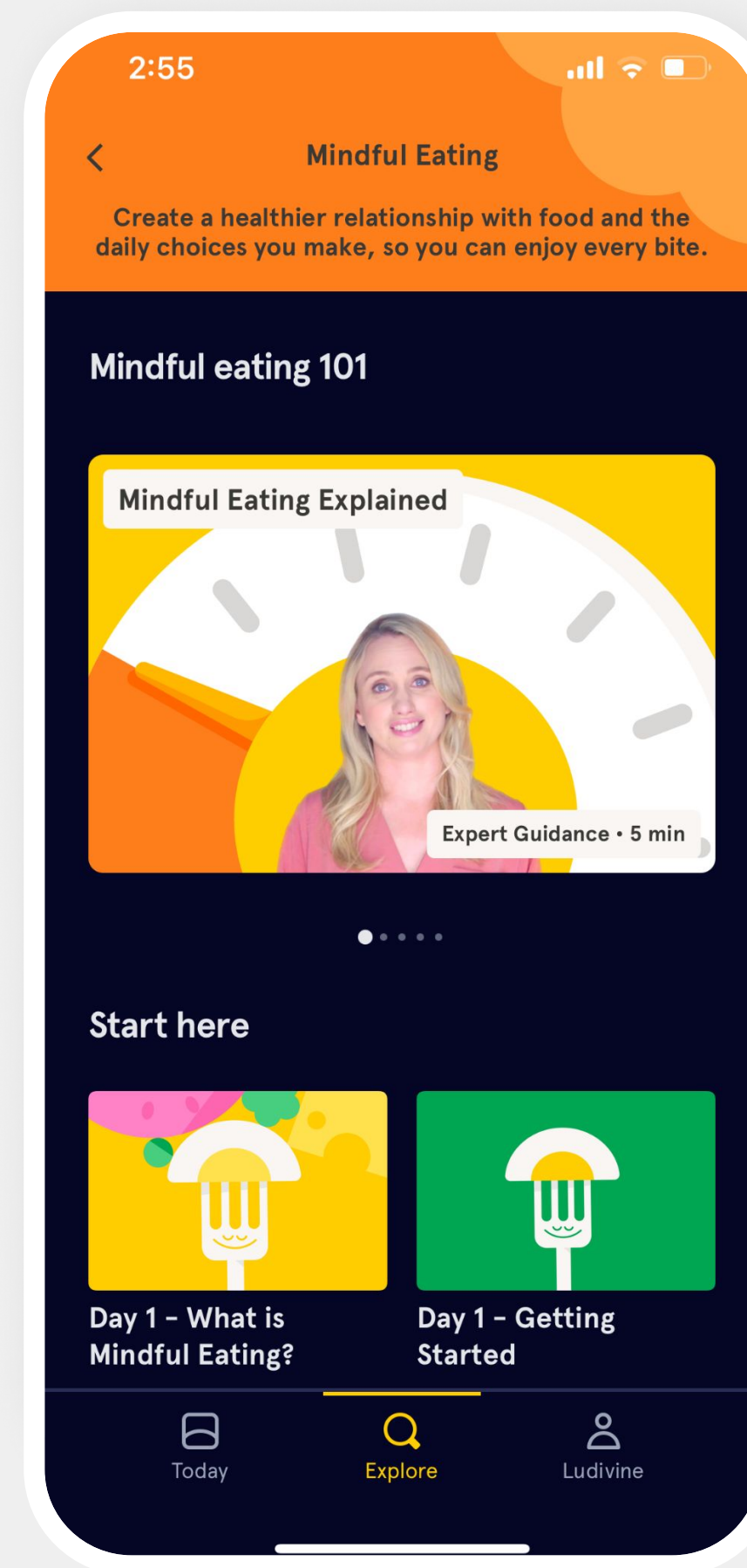
# Mindful eating

**10 days of mindful eating:** Learn the principles of mindful eating with some expert guidance and practice with a mindful activity each day

**Expert advice:** Understand the benefits of mindful eating on digestion, sleep, stress and so on...

**Meditation courses:** For a longer program you can follow our mindful eating or coping with cravings courses

**Mindful activities:** Keep practising with mindful cooking, mindful shopping and mindful eating short exercises





# Mindfulness at work

From coping with everyday anxious feelings to finding focus and healing from burnout, these exercises are designed to help make work happier

**Quick stress relievers:** Enjoy a morning pause or an afternoon refresh

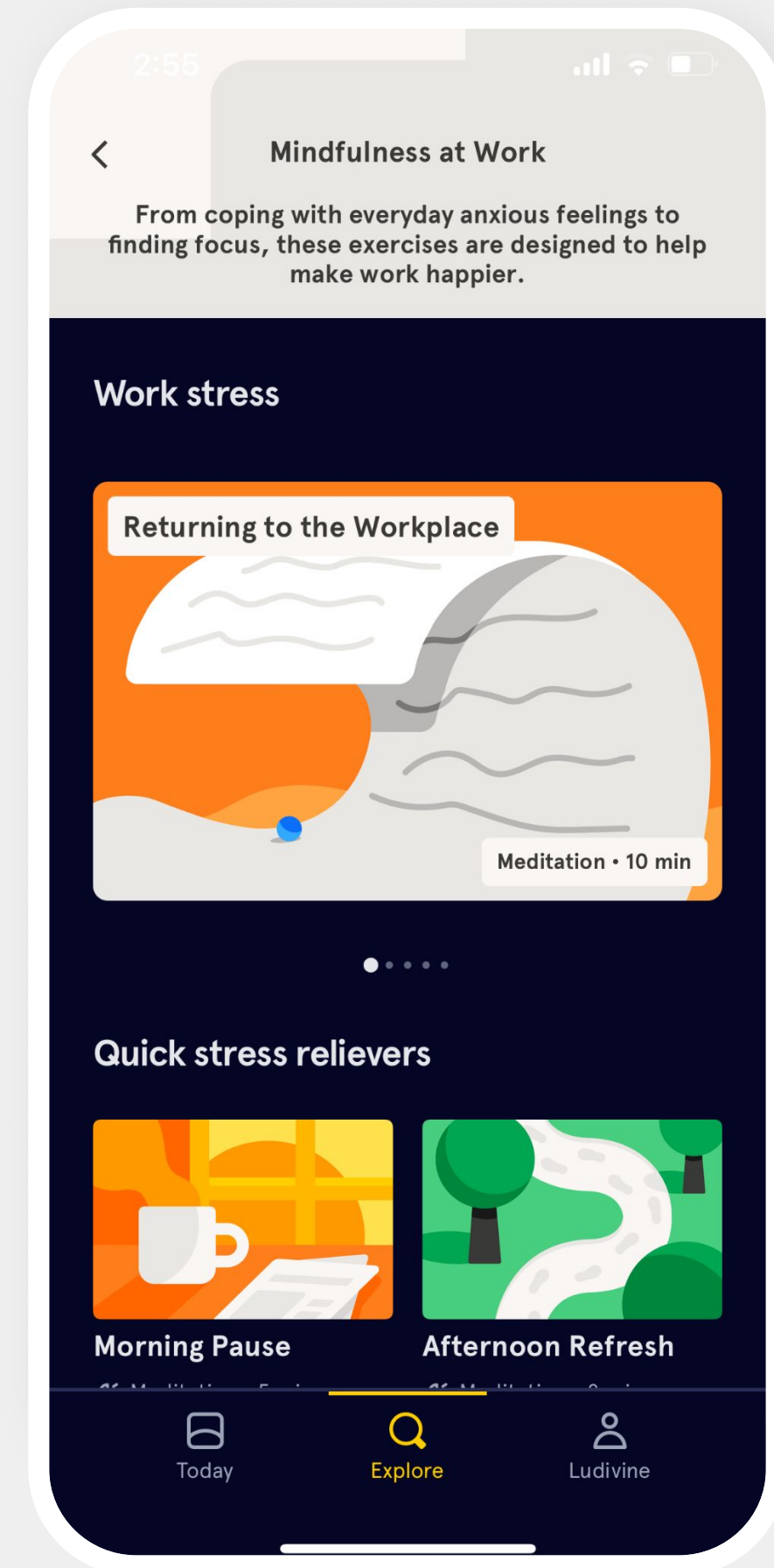
**Getting through a busy day:** Expert guidance and mindful activities to get you through the day

**Work from home motivation:** Guidance to help you create healthy boundaries or combat video fatigue while WFH

**Coping with co-workers:** Exercises and guidance to deal with emotions and conflict at work

**Getting back to the office:** Visualization practice and expert guidance to help with the anxiety of returning to the workplace

**Tools for job seekers:** Regain your confidence after losing a job



# Parents and kids

Help your family build healthy habits that foster more compassion, communication and support.

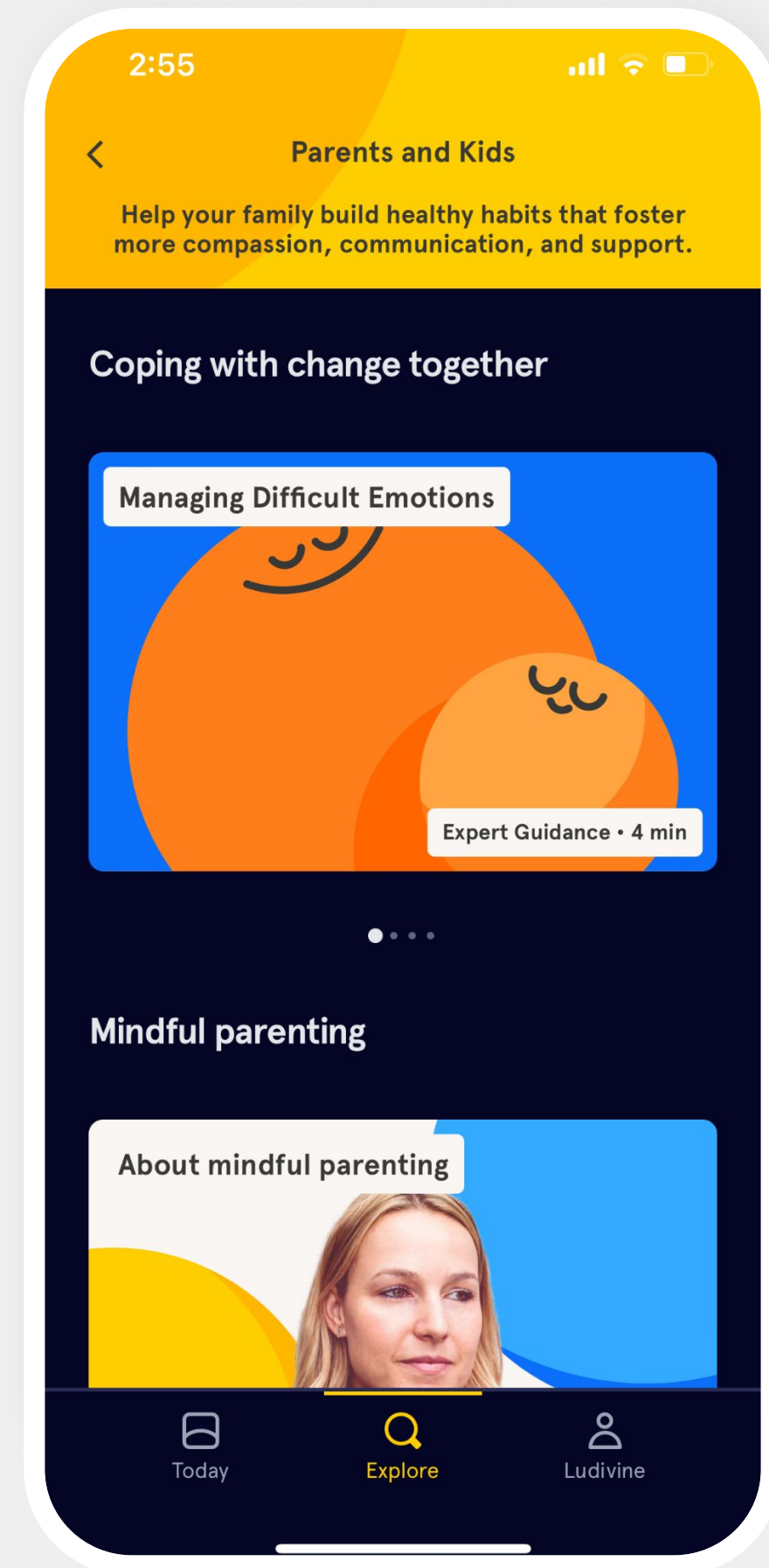
**Expert advice:** Tips and tricks from child mindfulness experts

**Meditation for kids:** Meditations for ages 5-12, plus bedtime exercises

**Sesame street x Headspace:** Join our friends for monster meditations

**Exercises for caregivers:** On various different topics like appreciation, patience and pregnancy

**Take a breather:** Balancing your child's emotions, balancing screen time for kids, dealing with separation, finding positivity



# SOS meditations

Meditation doesn't need to take a lot of time, you can also find our 3-minutes SOS meditations for times when you really need a break

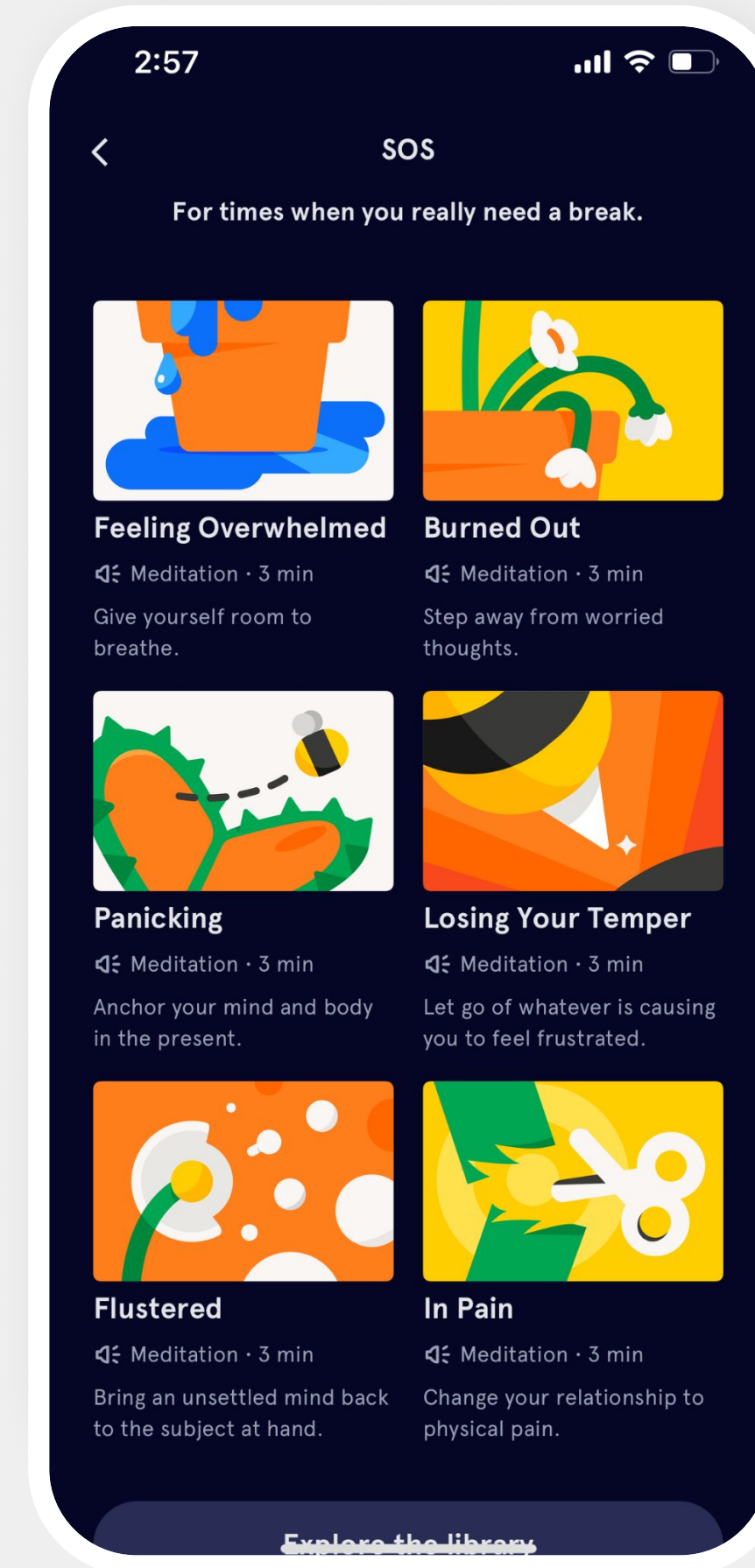
**Feeling overwhelmed:** Give yourself room to breathe

**Burned out:** Step away from worried thoughts

**Panicking:** Anchor your body and mind in the present

**Losing your temper:** Let go of whatever is causing you to feel frustrated

**In pain:** Change your relationship to physical pain



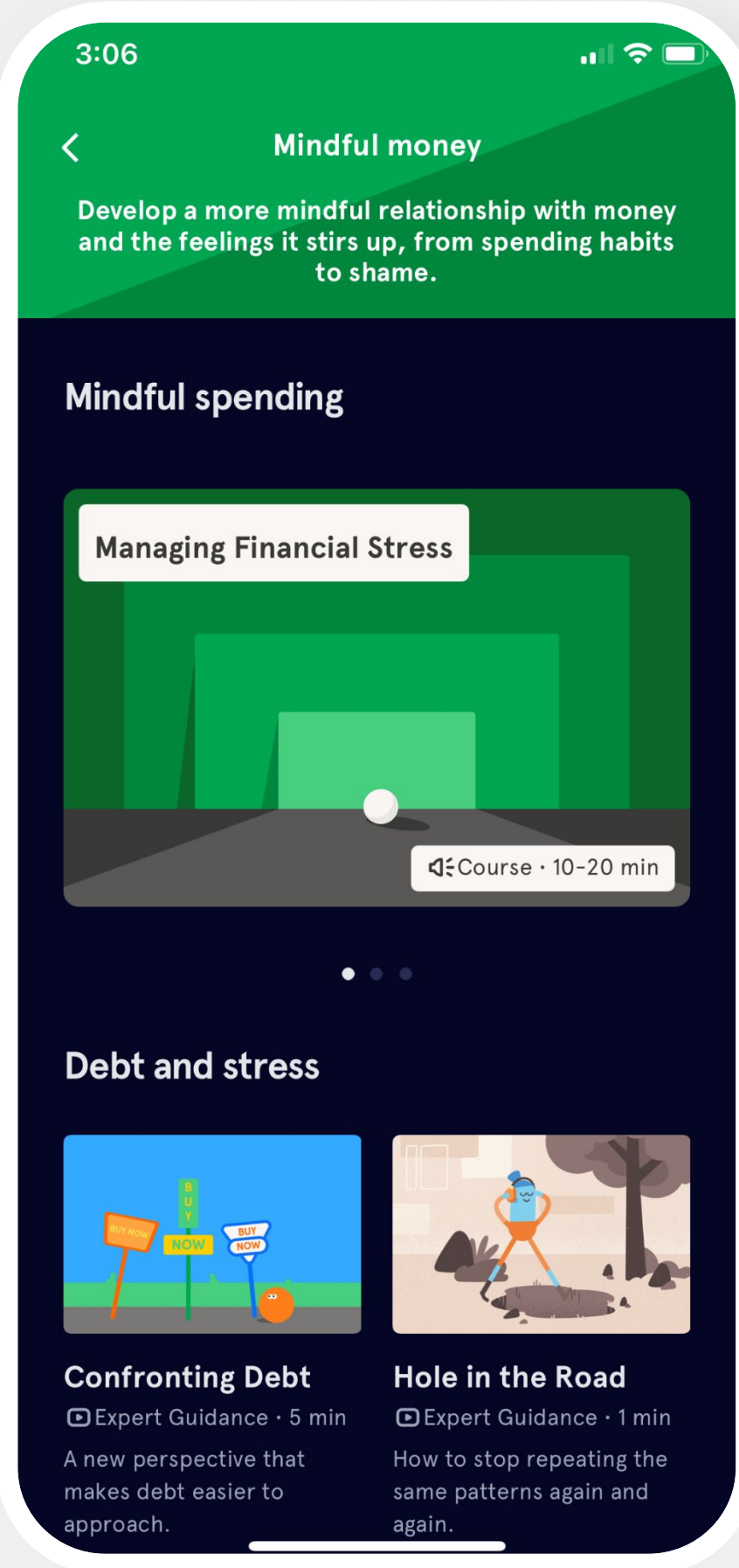
# Mindful Money

Develop a more mindful relationship with money and the feelings it stirs up, from spending habits to shame.

**Debt and stress:** Expert guidance to make debt easier to approach and stop repeating the same patterns

**Saving up:** Budgeting basics to make your money work harder

**Money talks:** Tackling stigmas around money starts with conversation



# Reframe stress and relax

Meditation courses and advice yo help you find stillness

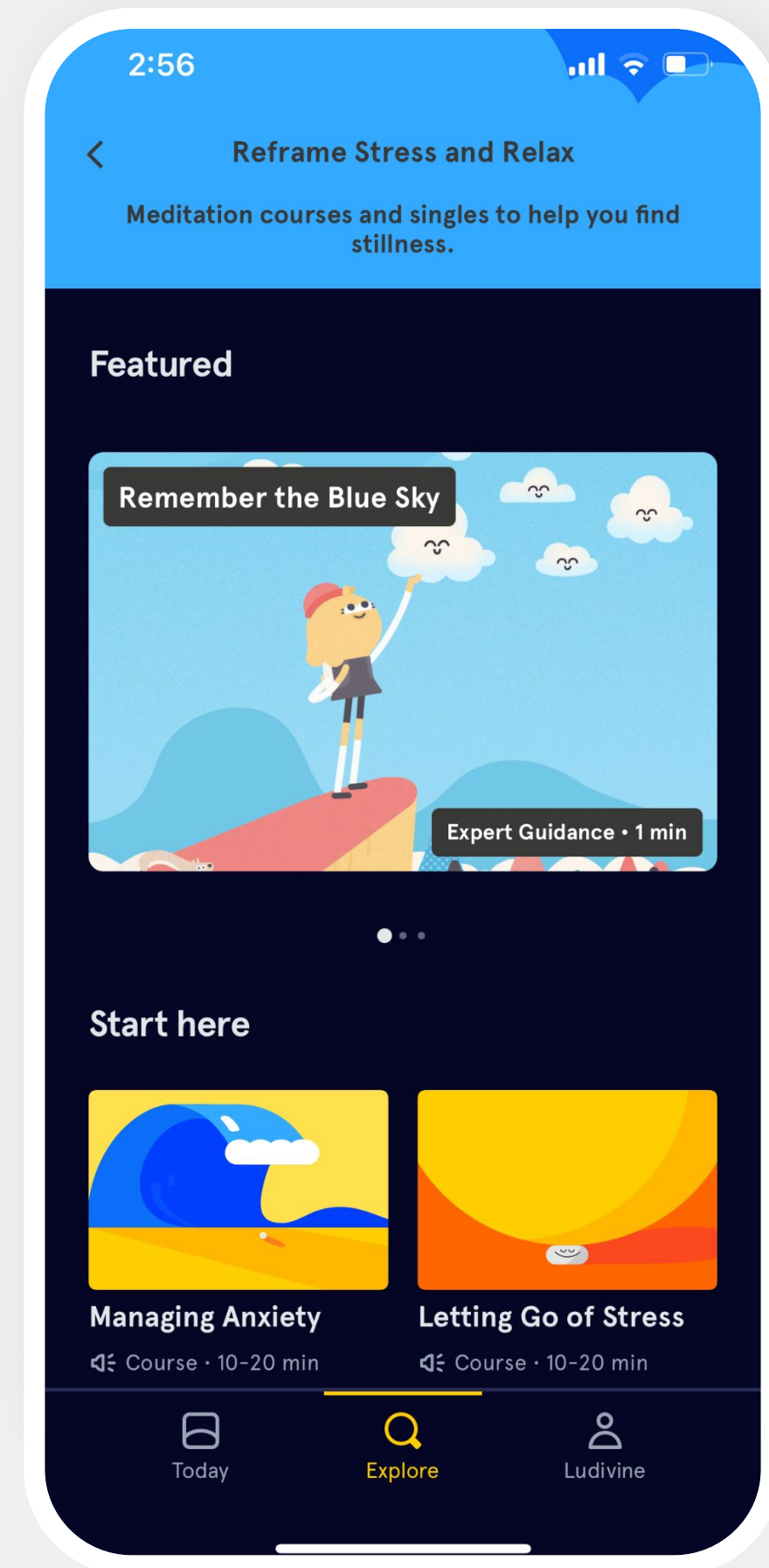
**Meditation courses:** Two of our more popular 30 days courses - managing anxiety and letting go of stress

**Expert guidance from Andy:** Putting down our phones, forgiving ourselves, dealing with loneliness

**SOS meditations:** For times when you really need a break

**Eyes-open exercises:** Walking meditations as well as meditations you can do while cooking, gardening, commuting, cycling....

**Animations:** 1-minute animations to relieve stress



# Guided breathwork

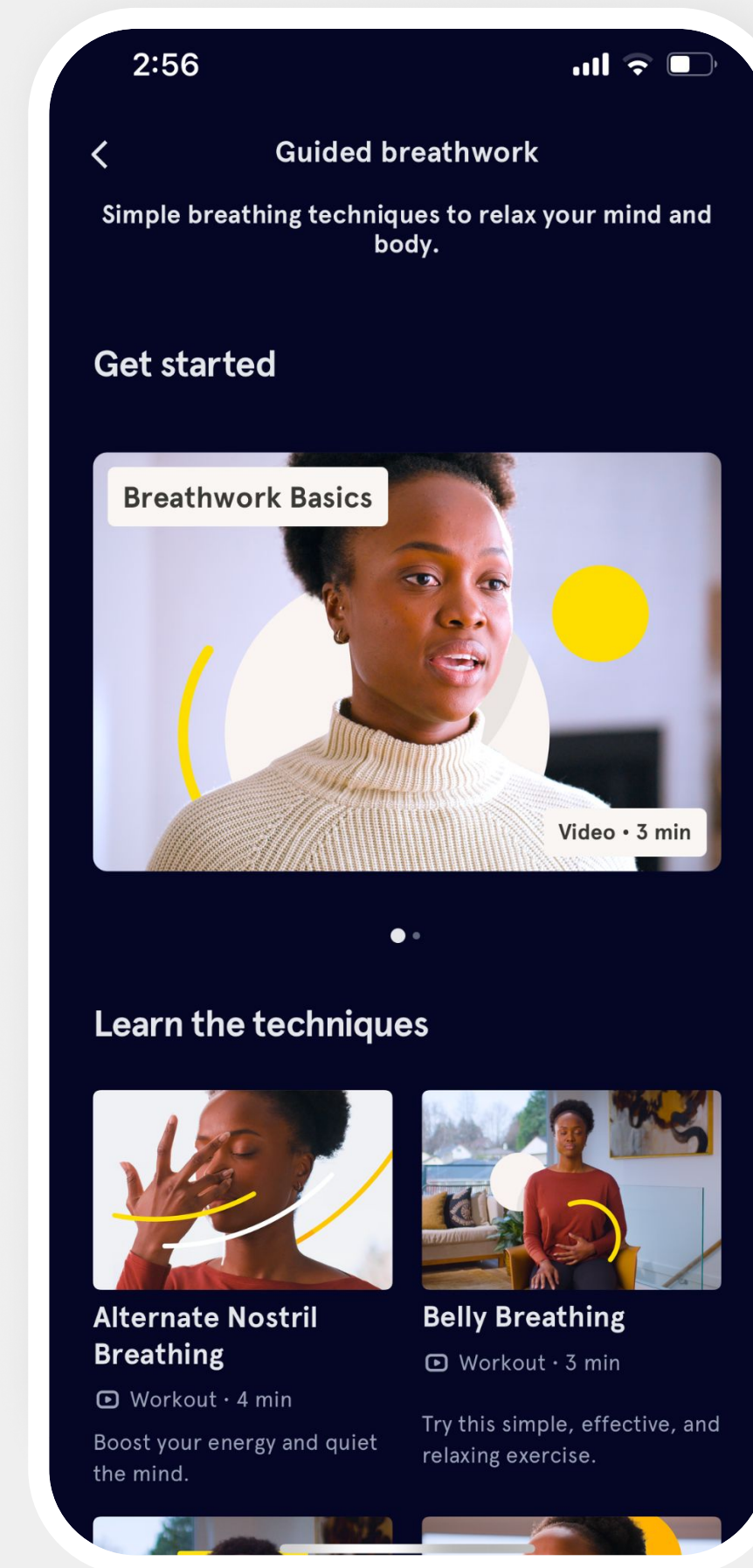
Simple breathing techniques to relax your mind and body

**Alternate nostril breathing:** Boost your energy and quiet the mind

**Belly breathing:** Try this simple, effective and relaxing exercise

**Box breathing:** Counting the breath eases an anxious mind

**Extended exhale:** Slow down by practicing a long exhale



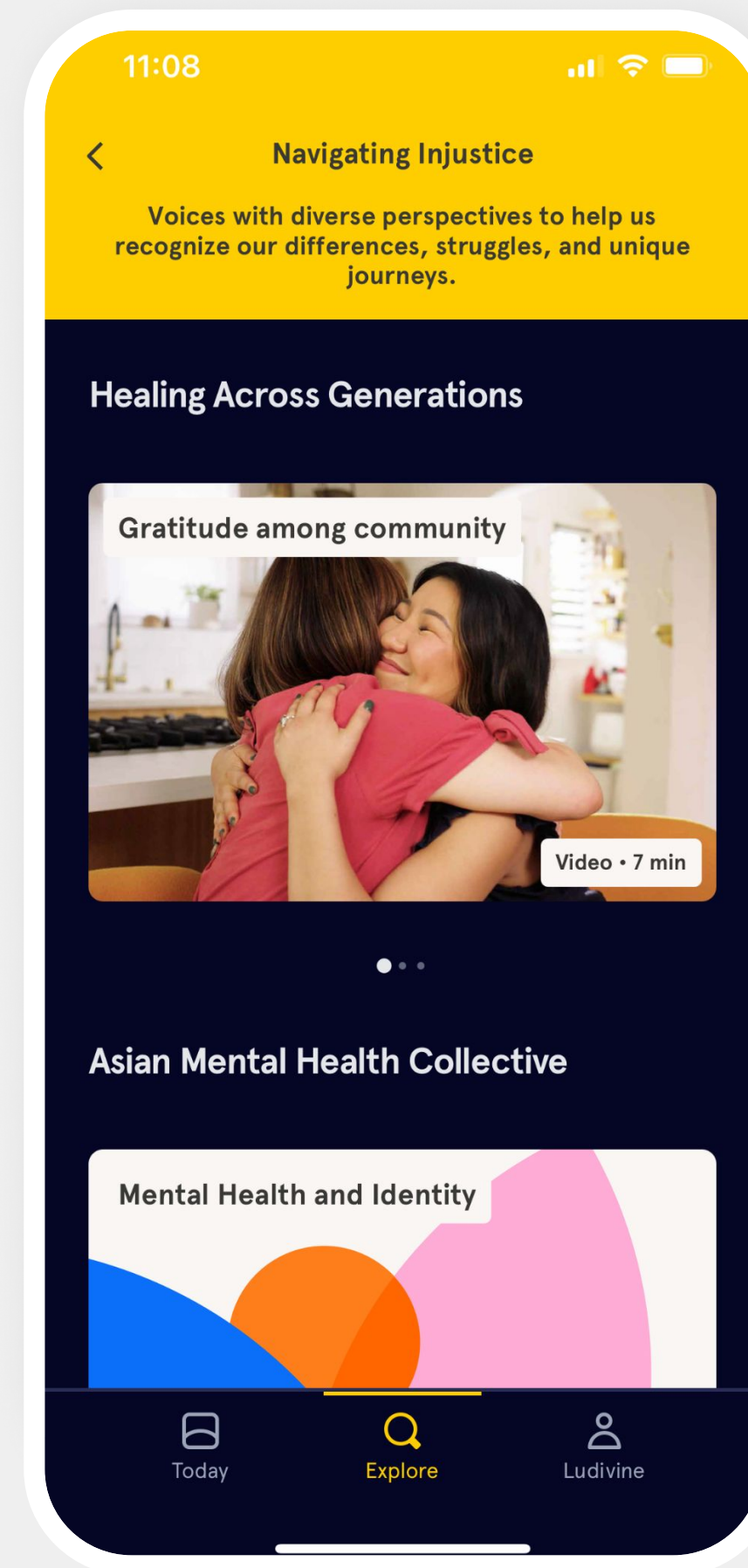
# Diversity and inclusion

**Navigating injustice:** Voices with diverse perspectives to help us recognize our differences, struggles and unique journeys

**Cultivating black joy:** Honoring black experiences means not only recognizing struggles, but also celebrating joy. Practice tapping into Black joy and carrying it with you

**Pride from the inside out:** Be kind to LGBTQIA+ minds through affirmation, community and support

**Accessibility:** Captions, voice-overs, color contrast, landscape support, screen-reader support and more to provide accessible, equitable mental healthcare to all members.

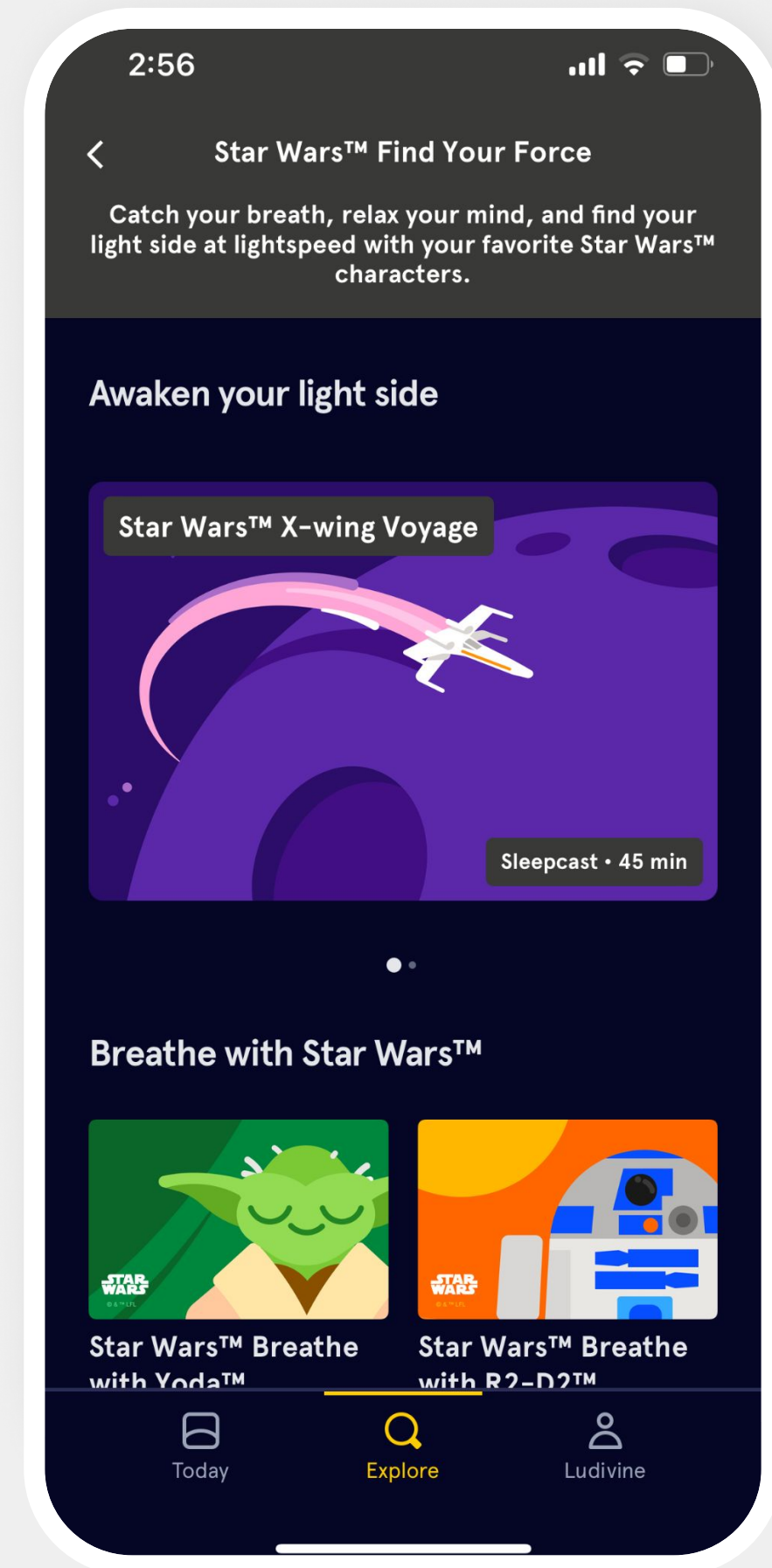


# Star Wars x Headspace

Catch your breath, relax your mind and find your light side at lightspeed with your favourite Star Wars characters

**Breathe with Star Wars:** Breathing exercises with Yoda, R2-D2, Chewbacca, BB-8

**Star Wars Sleepcasts:** Settle in for a bedtime trip in one of the Star Wars galaxy





# SIGN UP TODAY

<https://work.headspace.com/cslbehring/member-enroll>

