

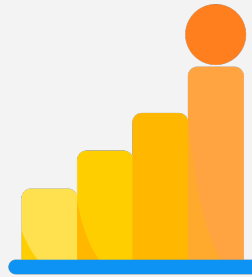
Headspace: Mindfulness for everyday life

Stress less. Move more.
Sleep soundly.



Learn a mindful approach

Explore 1000+ hours of guided exercises, videos, and more to help you live healthier and happier.



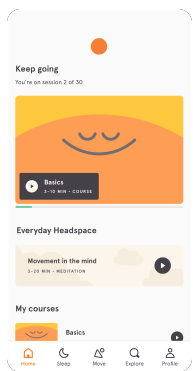
Headspace loves science

Just 10 days of Headspace can reduce stress by 14%



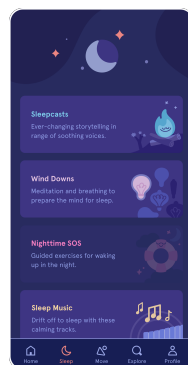
Join over 60 million

Connect with our community of over 60 million people benefiting from mindfulness.



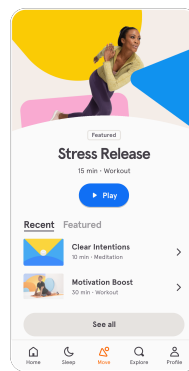
Meditation

Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of day.



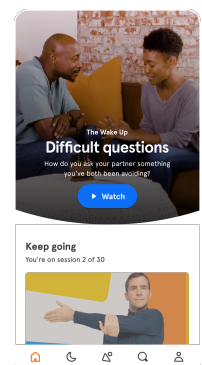
Sleep

From waking up in the night to switching off after a long day, create the conditions for restful sleep.



Move

Train your body and your mind at the same with exercises to strengthen your mental and physical well-being.



The Wake Up

Inspiring stories and mini-meditations delivered daily to help you start your morning right.

Enroll in Headspace for for free:

1 Sign up, or log-in to your existing Headspace account via your company's Landing Page

2 Verify by using your company email & confirm by clicking "Verify" on the verification email

3 Download the app & log-in

Need more support? Send an email to teamsupport@headspace.com