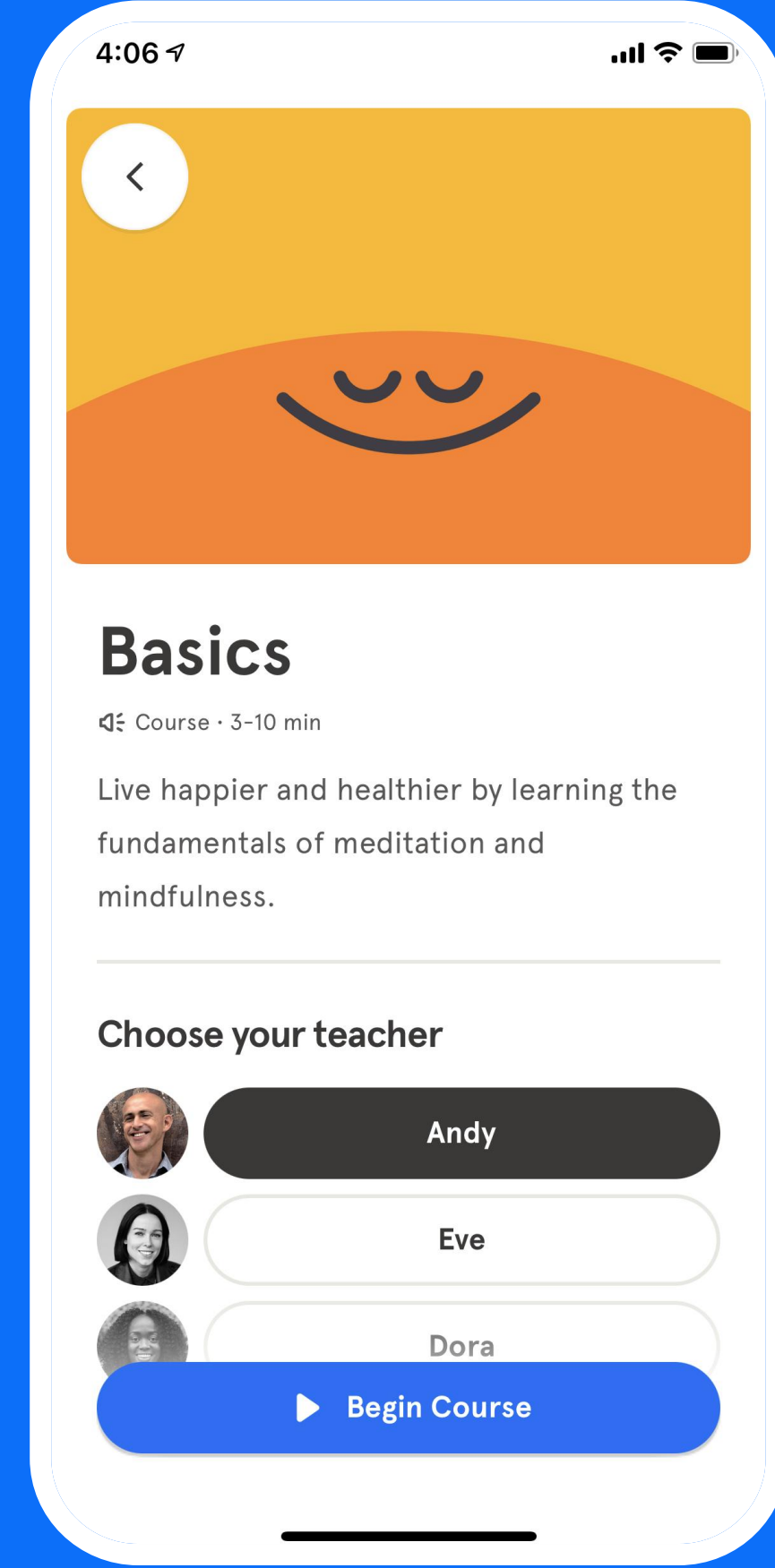


An introduction to Headspace

1. What is Headspace?

Headspace is meditation made simple.

From waking up and exercising to eating and sleeping, the Headspace app has 1,000+ hours of exercises to help you live your whole day mindfully.



**We can teach you
meditation and
mindfulness, and meet
you where you are**



What is mindfulness?

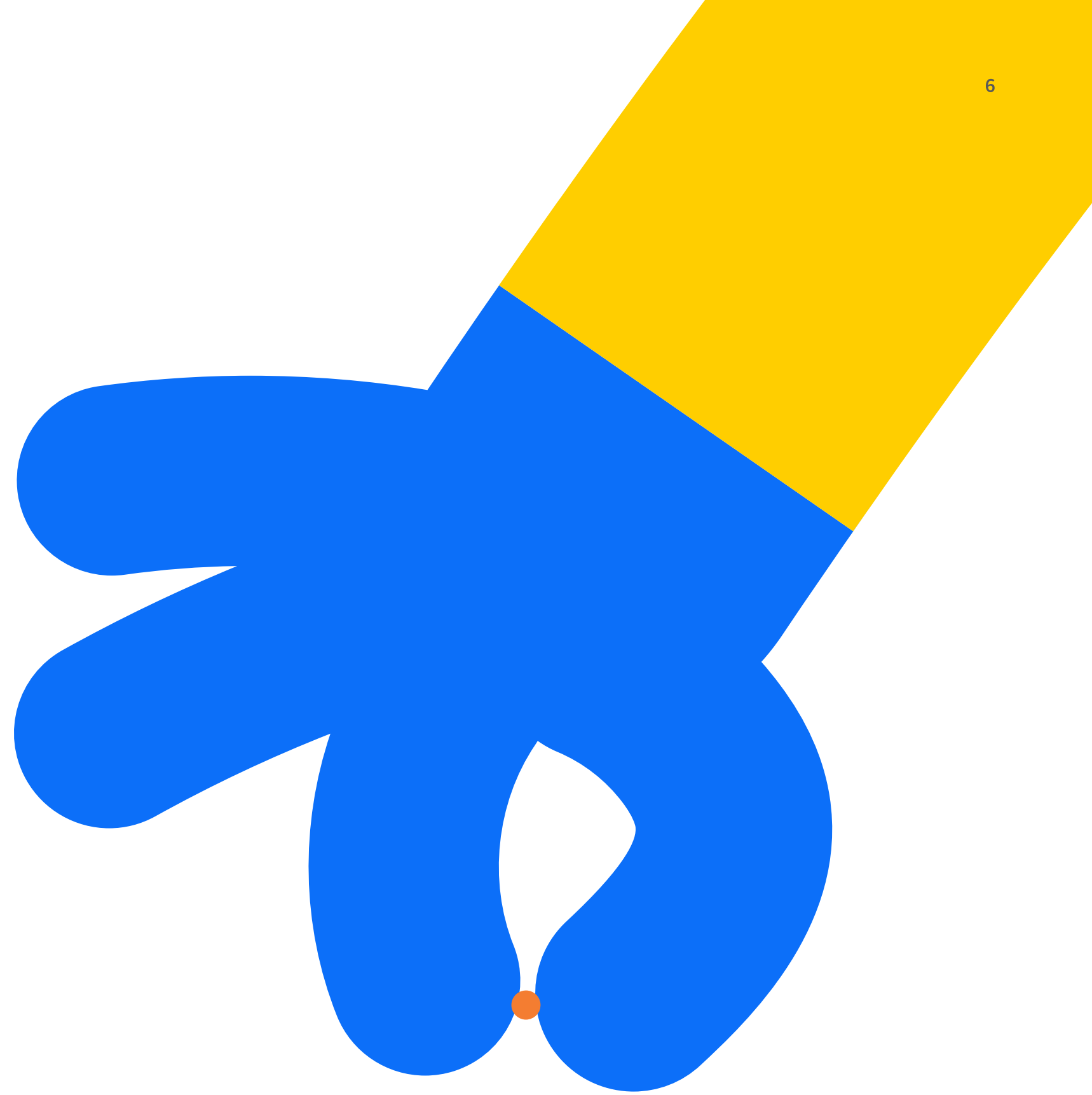
It's the skill of being present in everyday life, showing up with an open mind, fully engaged, without distraction or judgement.



What is meditation?

Meditation is a training ground for mindfulness.

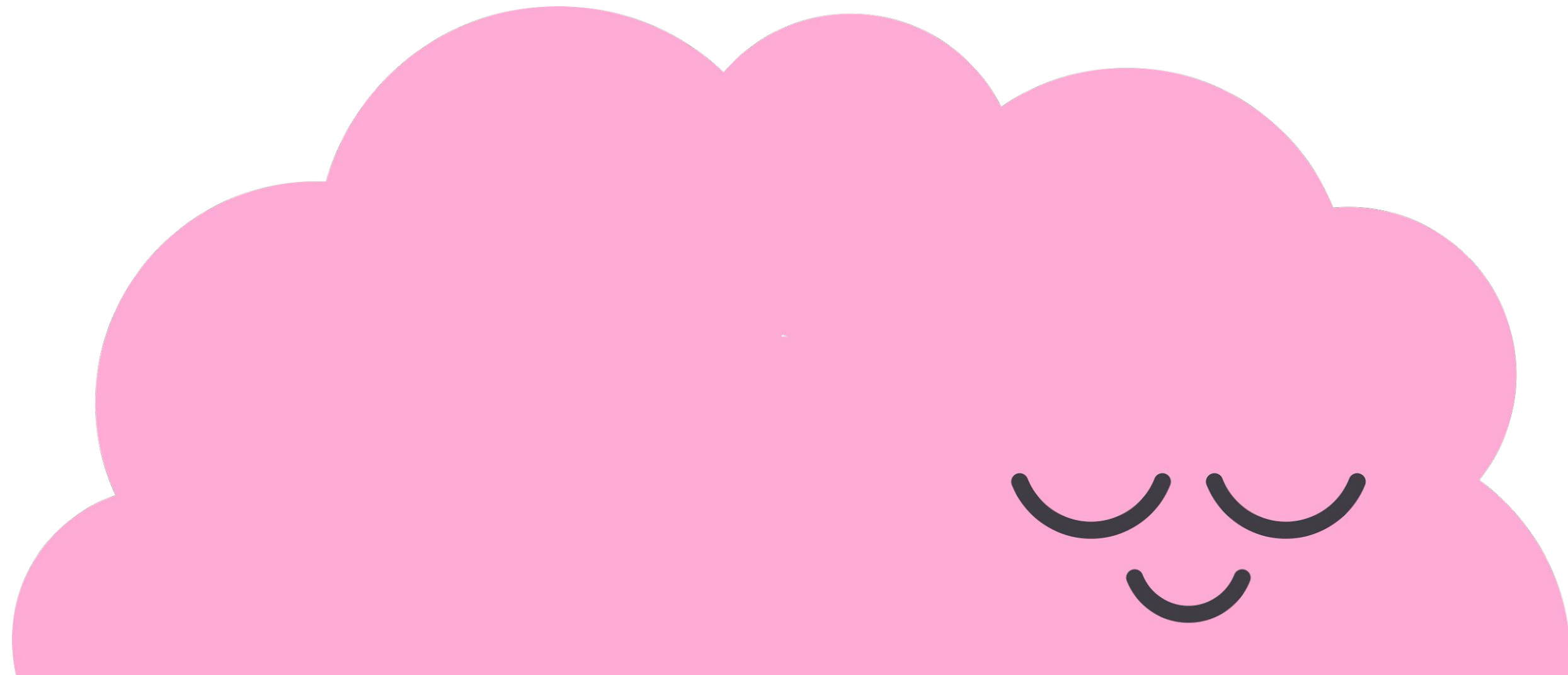
At Headspace, we define it as a formal practice to cultivate awareness and compassion.



2. Why do we need it?

**The world
is changing**

We often ignore the mind.



14%

decrease in
STRESS after
10 days of
Headspace

14%

increase in
FOCUS after 4 weeks
of Headspace

57%

decrease in
AGGRESSION shown after
3 weeks of Headspace

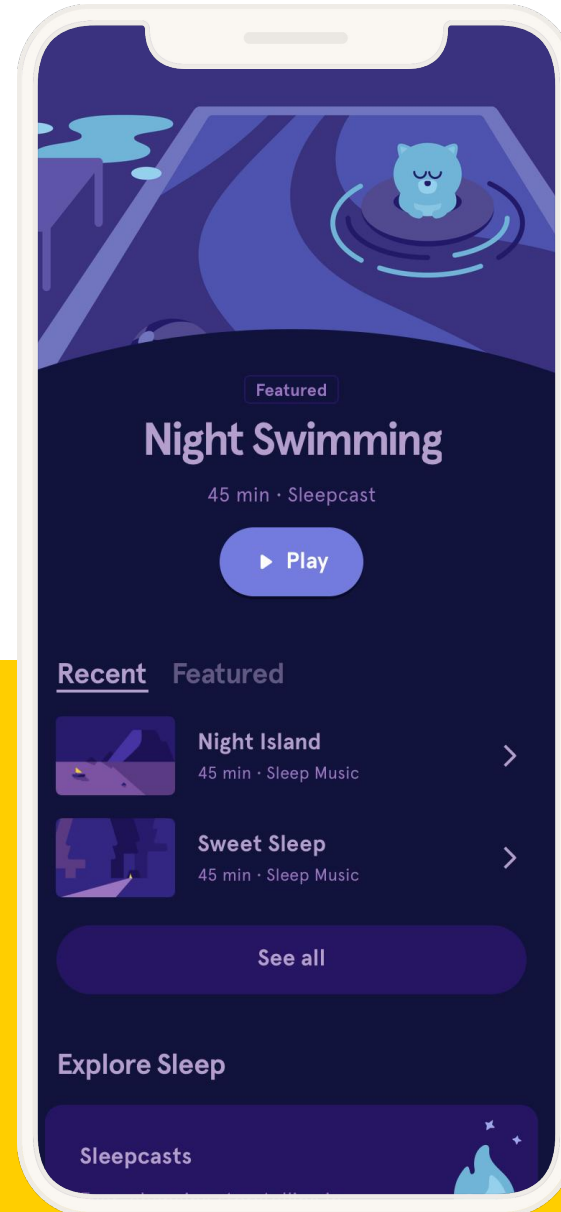
21%

increase in
COMPASSION after 3
weeks of Headspace

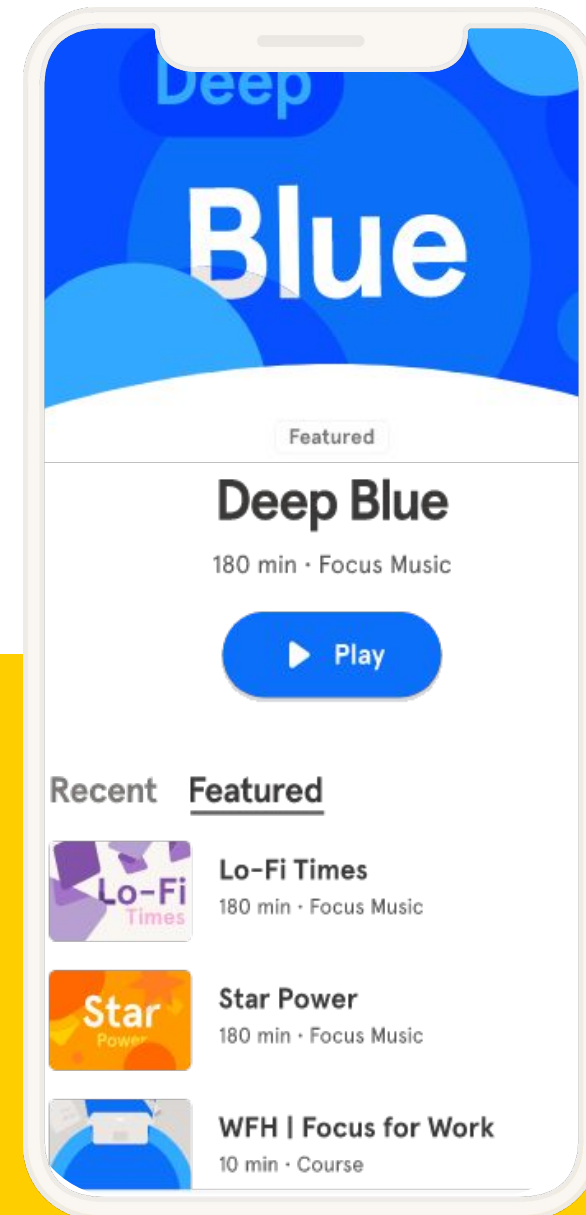
3. How do I Headspace?

work.headspace.com/viacomcbsproductions/member-enroll

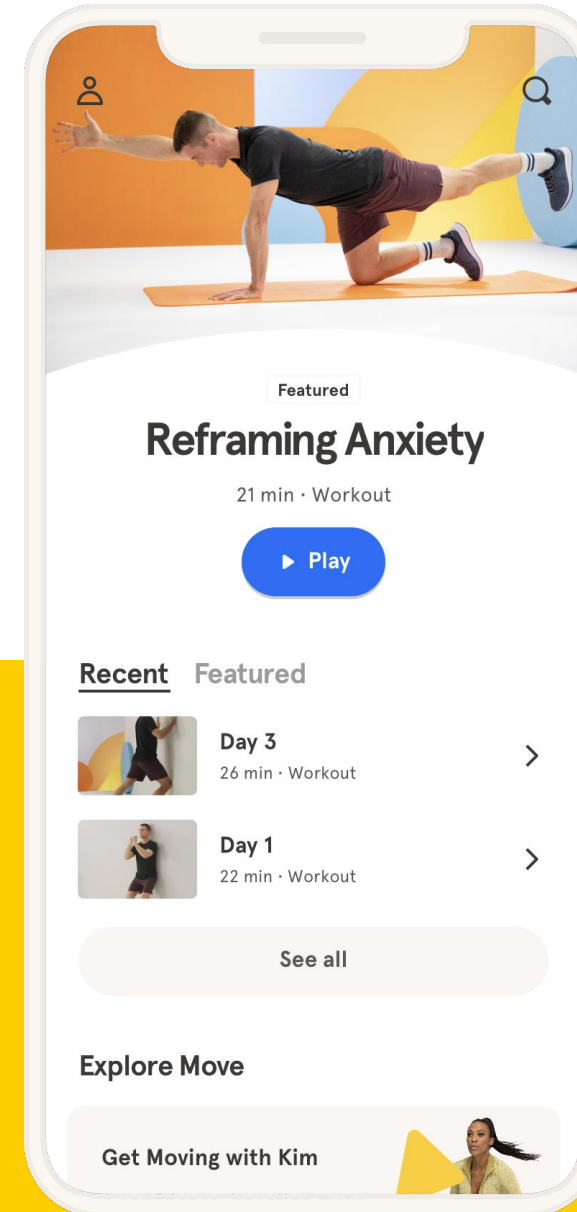
A day with Headspace



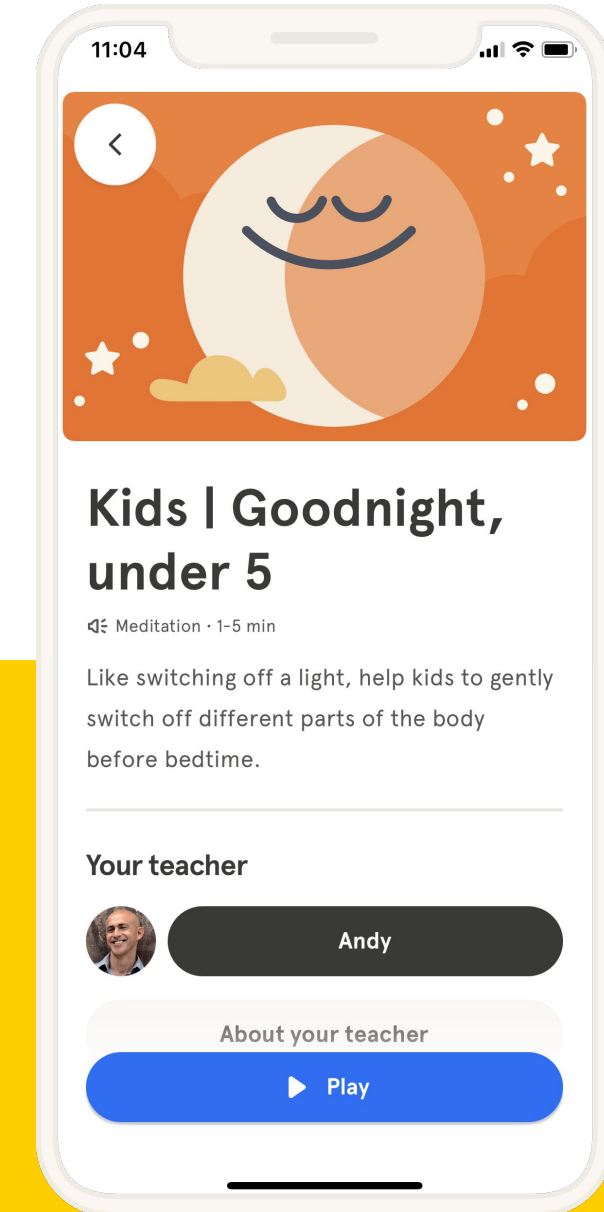
Sleep
Sleepcasts & sleep music, Wind downs, & help falling back asleep



Focus
Focus music
WFH exercises
Mini-meditations



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



Kids
Ages 5 and under
Ages 6-8
Ages 9-12

Mindfulness for everyday life

Courses (10-30 sessions) and single exercises (1-20 min) for any mind, any mood, and any goal



Beginning meditation

Basics Course
Techniques and Animations
Everybody Headspace
Everyday Headspace



Focus

Focus music and exercises
Prioritization
Creativity
Balance
Productivity



Anger, sadness, and growth

Relationships
Self-esteem
Patience
Acceptance
Appreciation
Kindness
Grief



Physical health

Mindful eating
Cravings
Mindful movement
Pregnancy
Cancer
Pain management



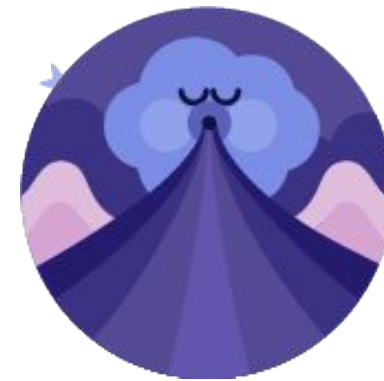
Reframe stress and relax

Anxiety
Stress
Change
Anger
Panic
Burnout



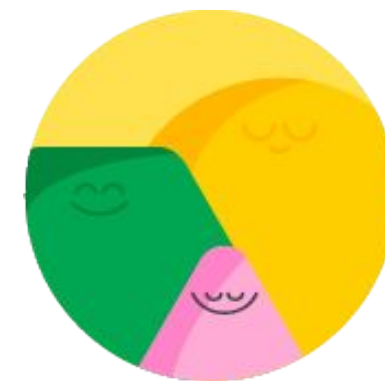
Performance mindset

Stress x NBA
Happiness x NBA
Balance x NBA
Training x NBA



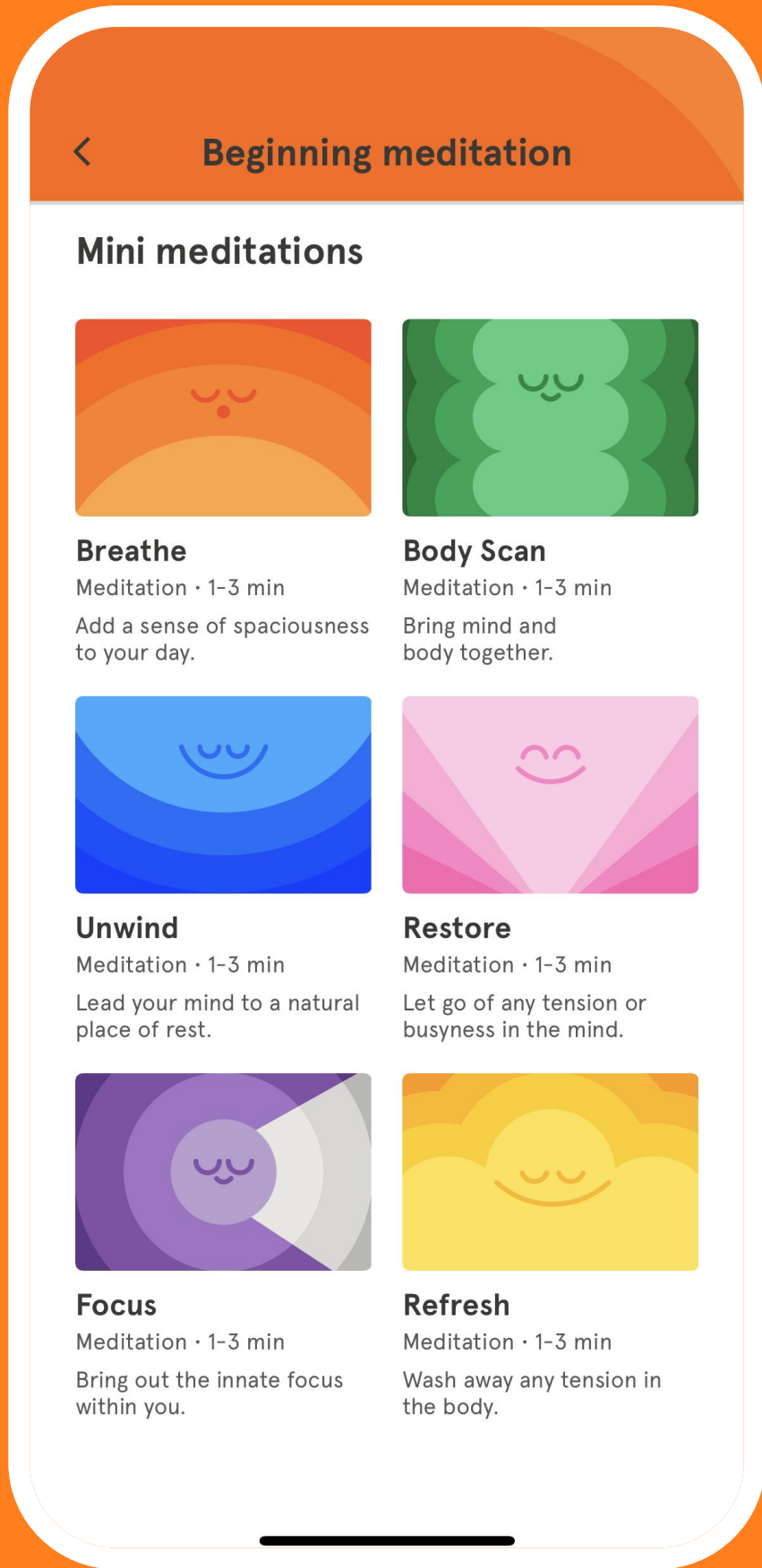
Sleep

Sleepcasts
Sleep music
Wind downs
Sleep course
Nighttime SOS
Soundscapes



Meditate with kids

Calm
Kindness
Focus
Wake up
Sleep
Happiness
Balance




< **Meditate with kids**

Teach them the skills you wish you'd known.
Kids meditations for all ages.

Featured


Calm, under 5




1-5 min • Meditation

• • •


Sesame Street x Headspace

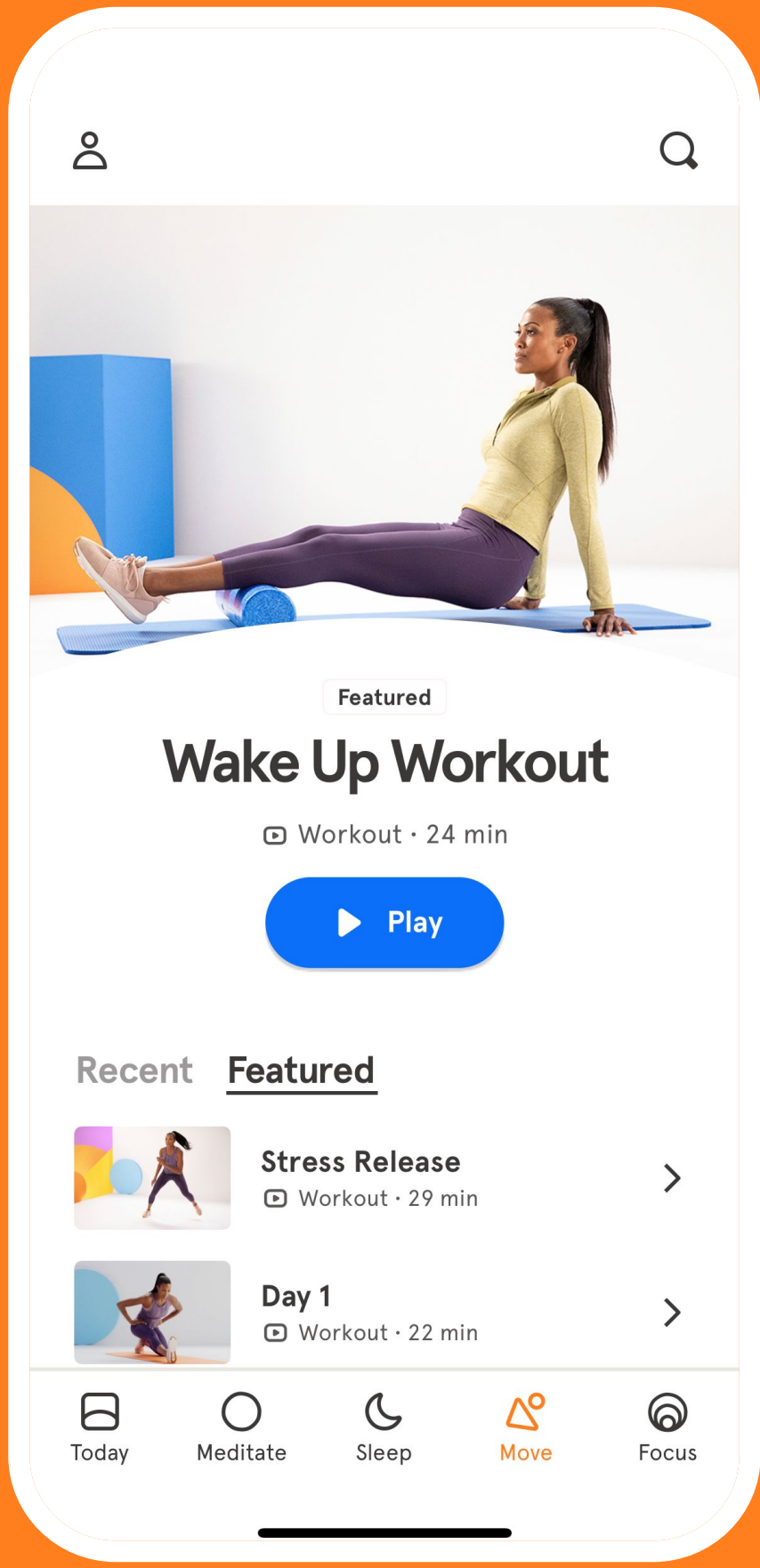


I-Sense With Cookie Monster
3 min • Expert Guidance
Explore the senses with Cookie Monster.

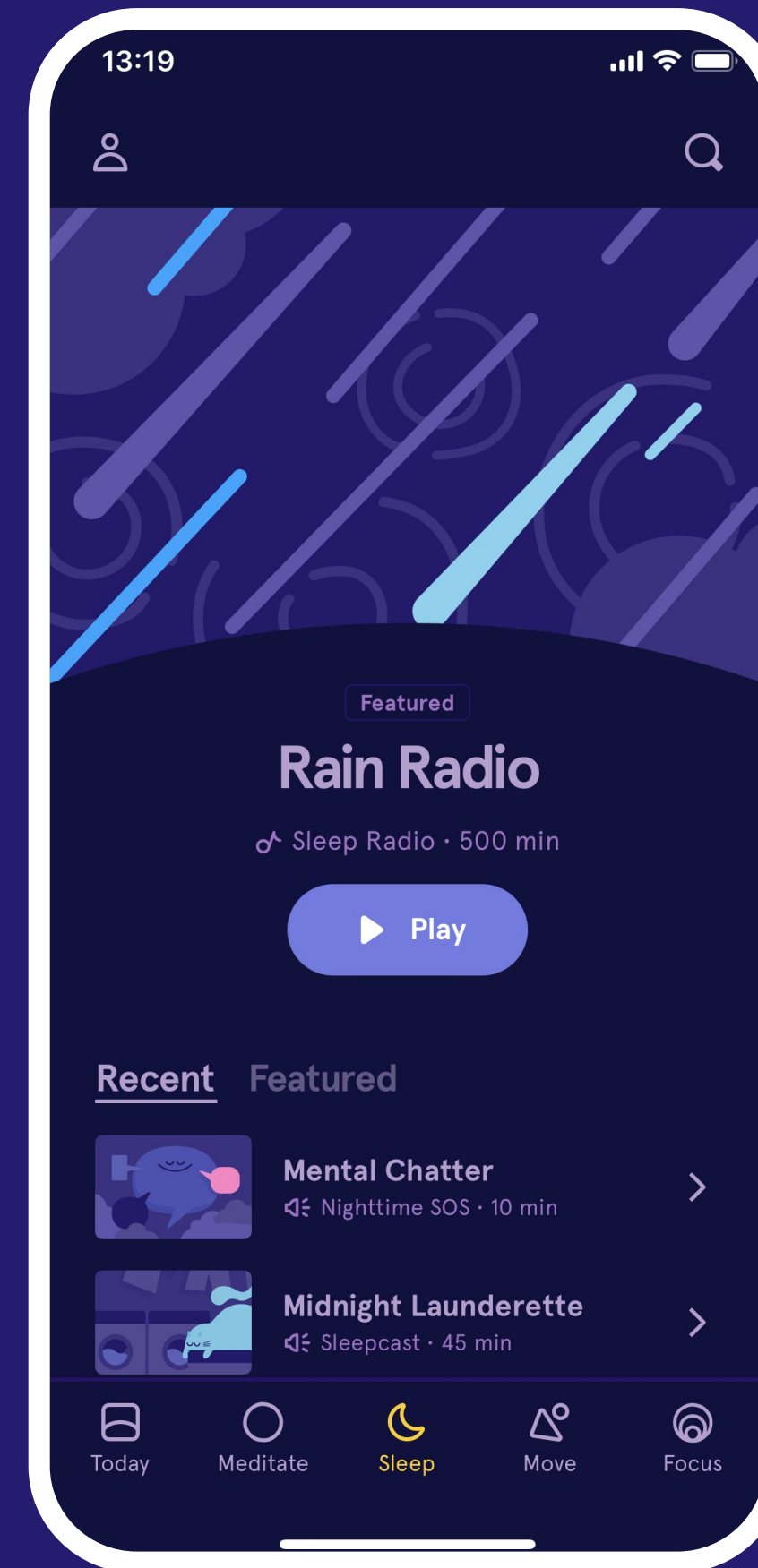


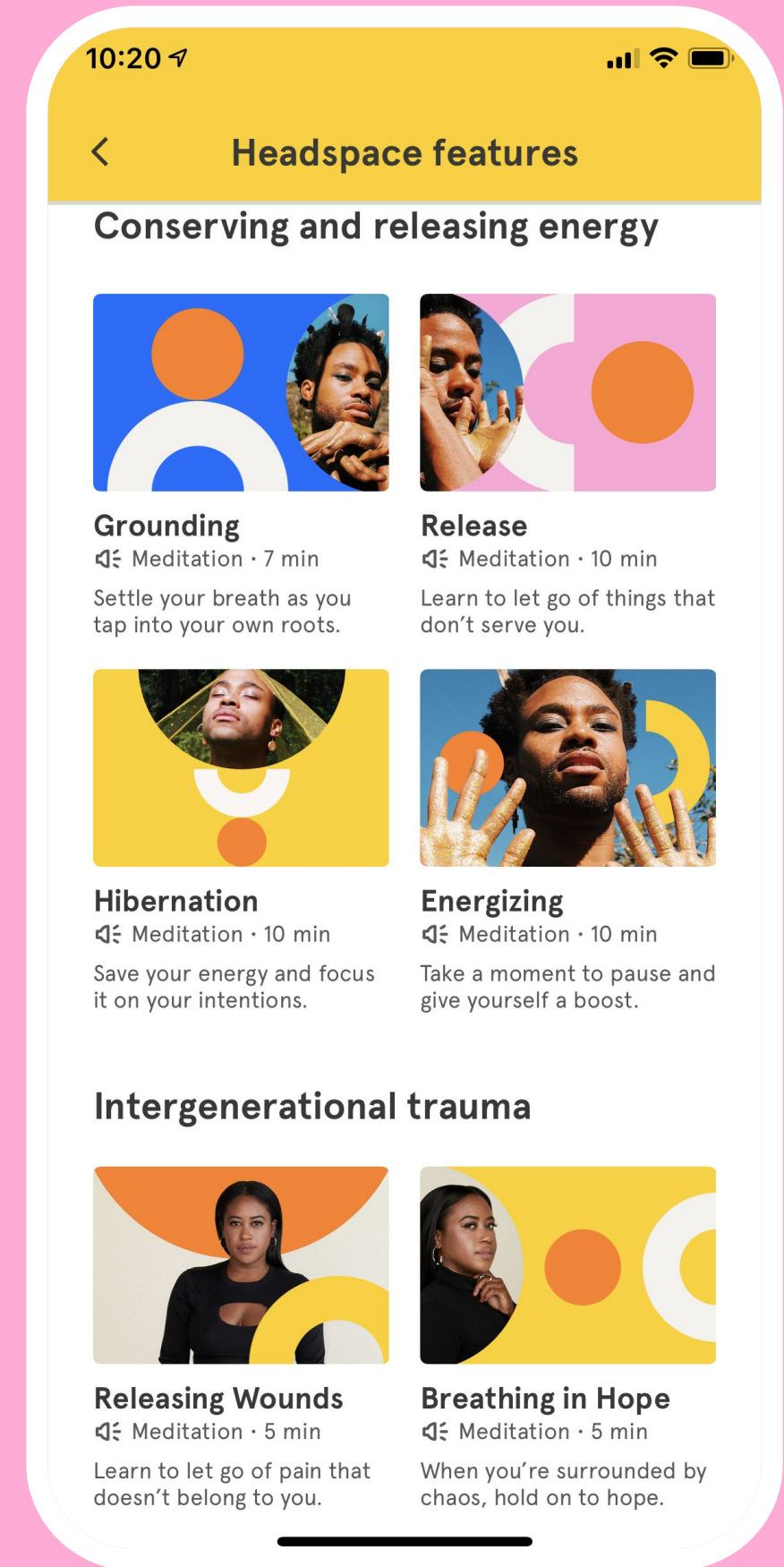
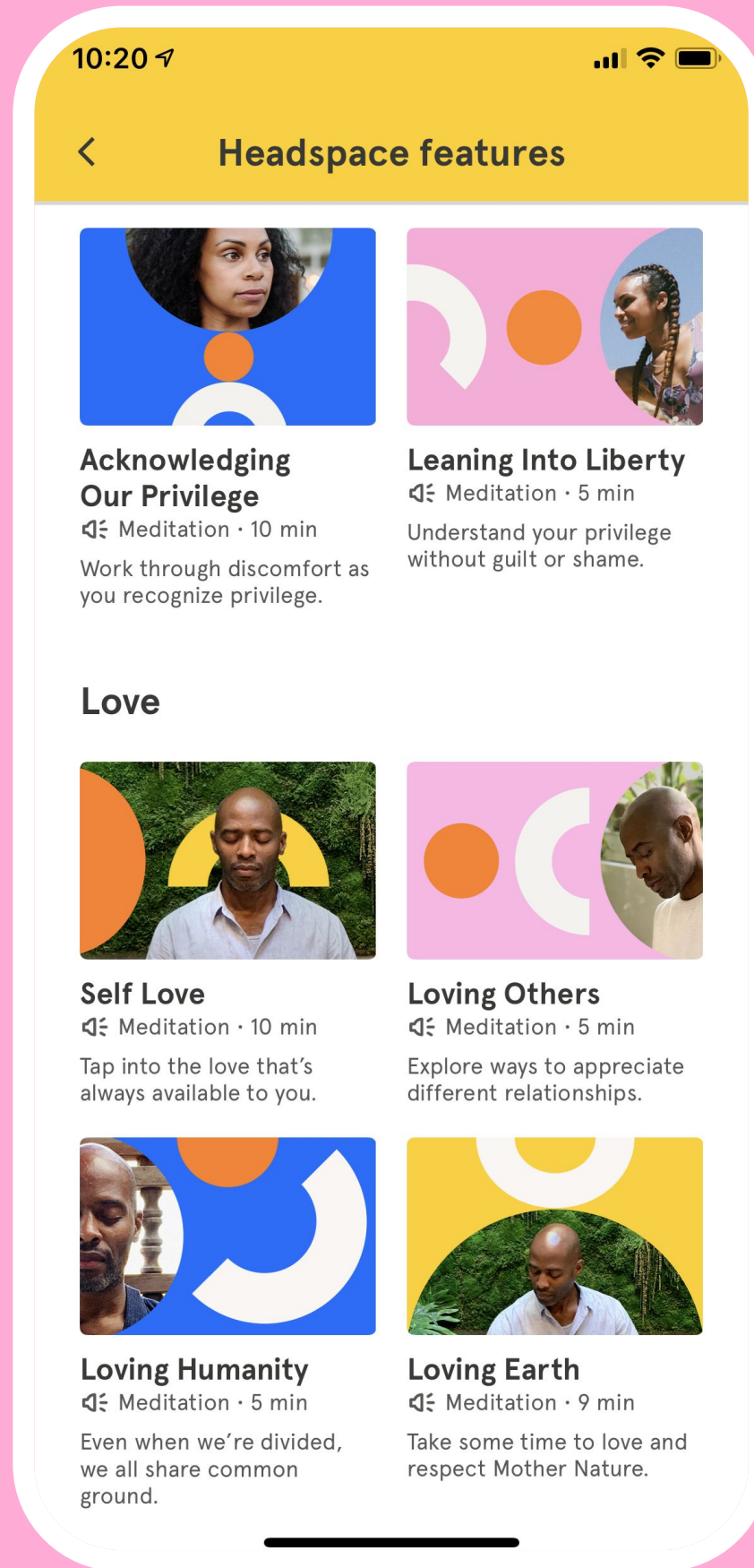
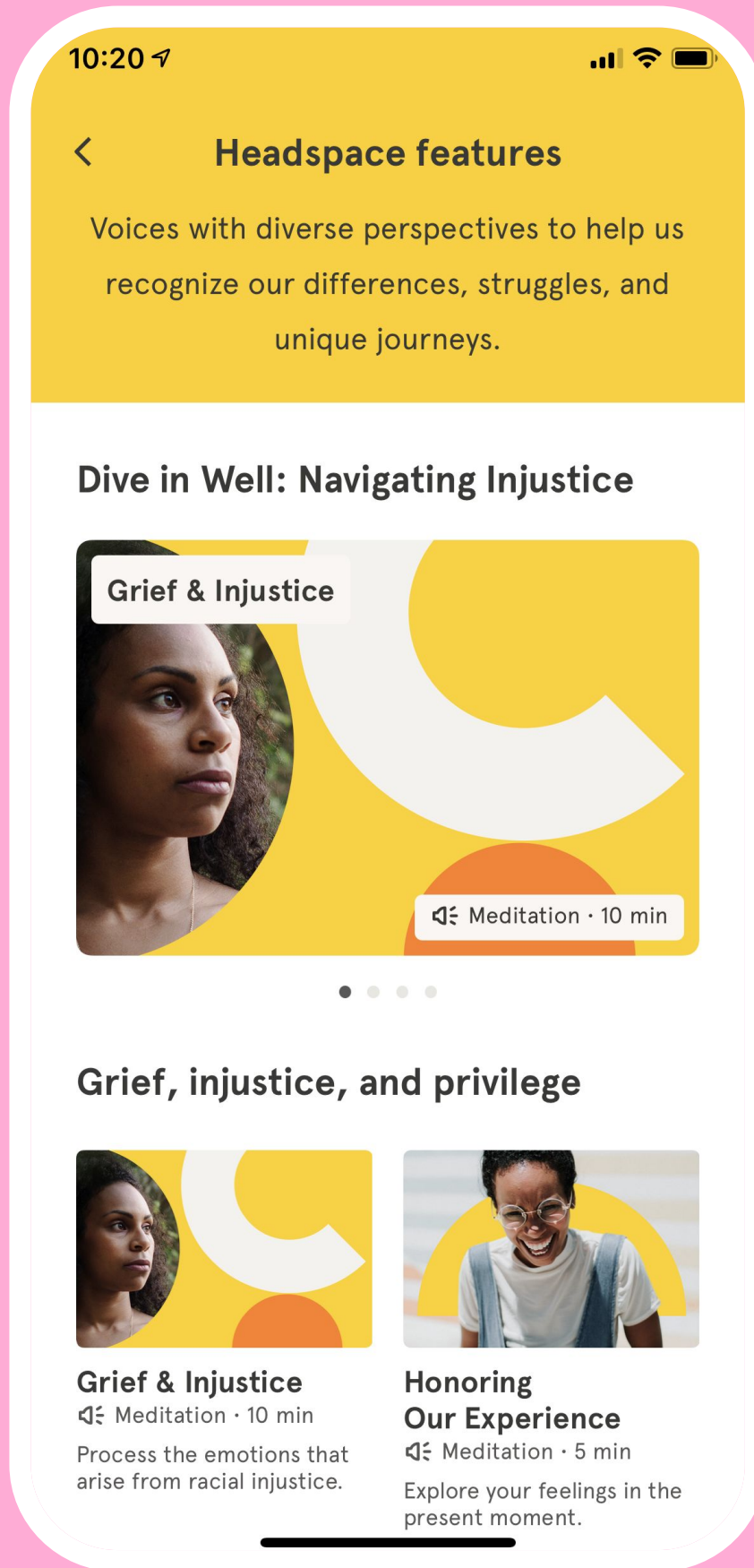
Goodnight Body With Elmo
3 min • Expert Guidance
A calming bedtime activity with Elmo.





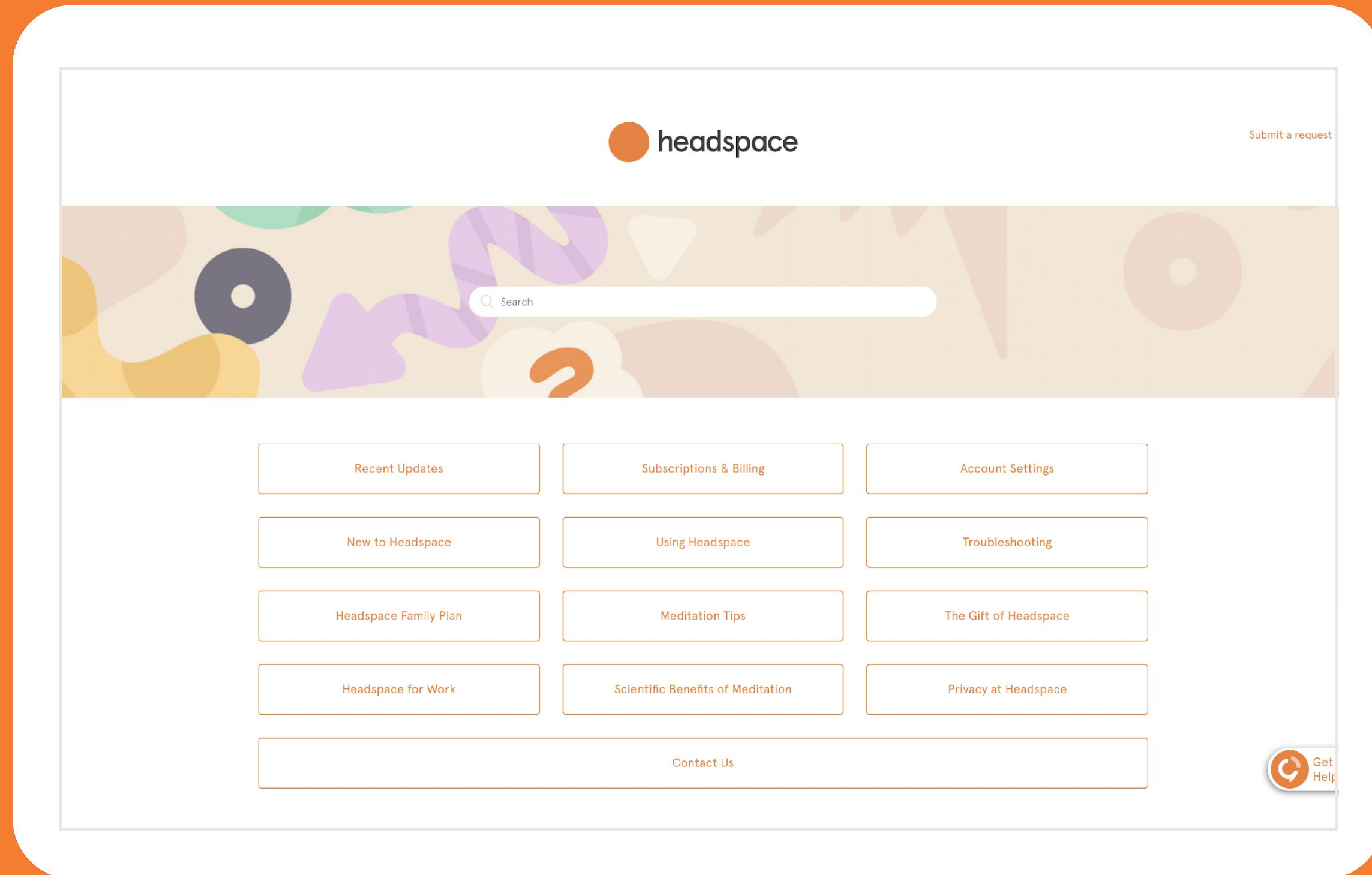
Need to catch some zzz's?





Need help? We've got you.

help.headspace.com



Thank you

