An introduction to Headspace



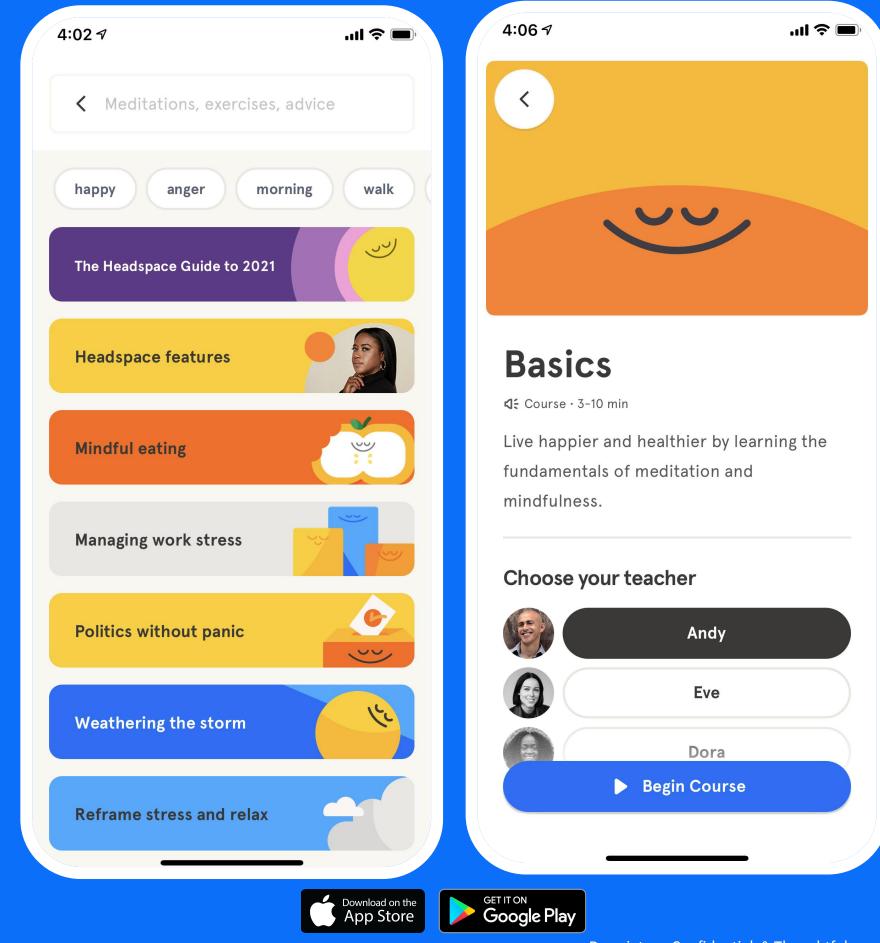
1. What is Headspace?





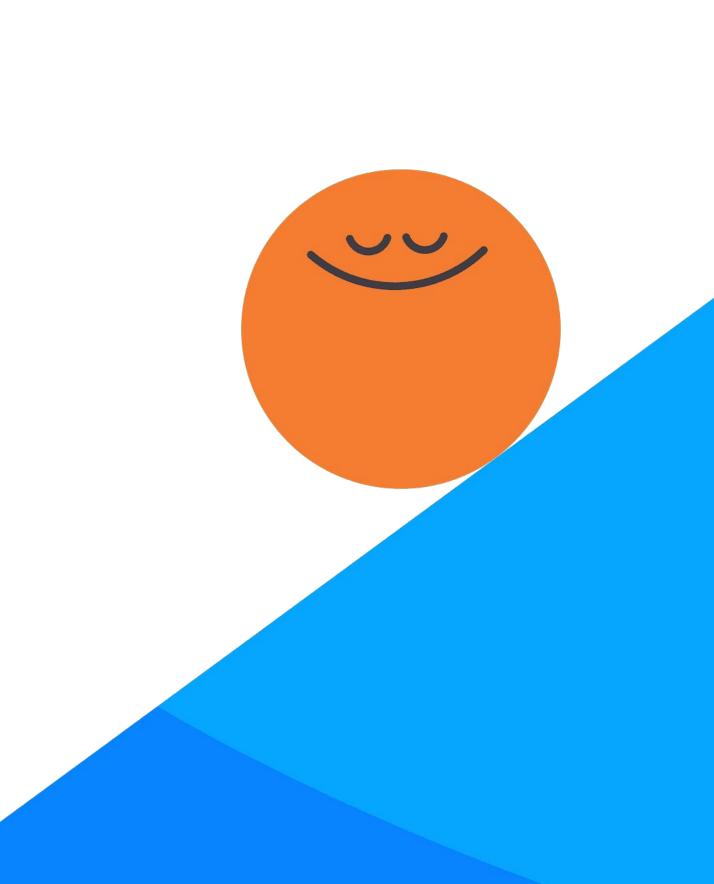
Headspace is meditation made simple.

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

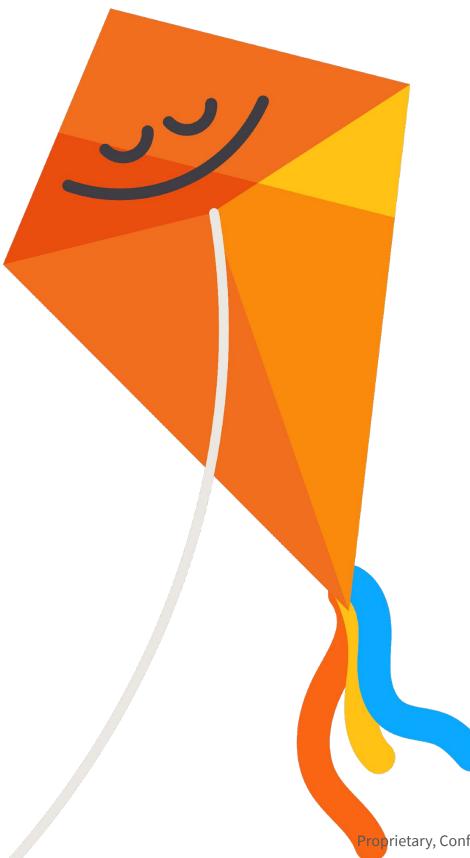




What is mindfulness?

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



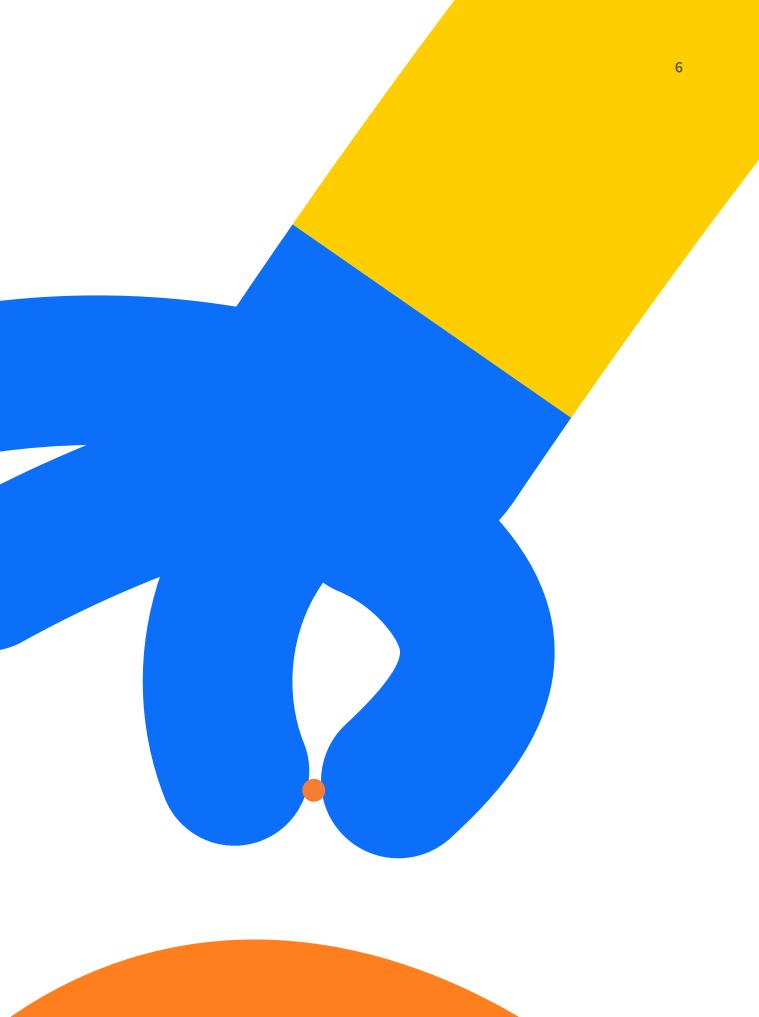


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What is meditation?

Meditation is a training ground for mindfulness.

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



Headspace Webinar

2. Why do we need it?





The world is changing

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We often ignore the mind.

headspace[®]

14%

decrease in STRESS after 10 days of Headspace

14%

increase in FOCUS after 4 weeks of Headspace

decrease in AGGRESSION shown after 3 weeks of Headspace

57%

21%

increase in **COMPASSION** after 3 weeks of Headspace

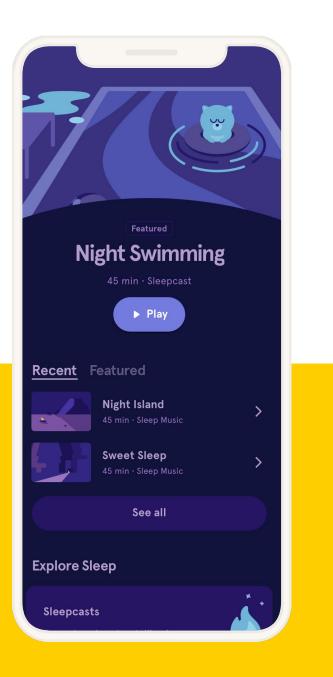
3. How do I Headspace?

work.headspace.com/viacomcbsproductions/member-enroll



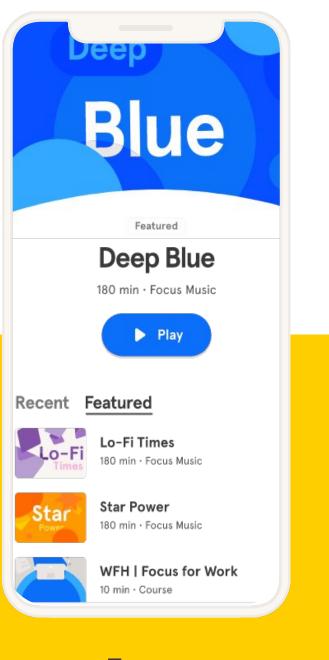


A day with Headspace

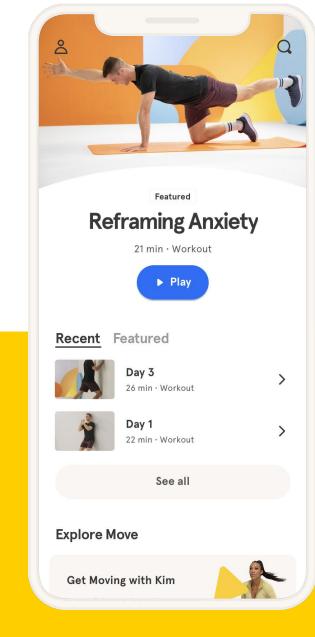


Sleep

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



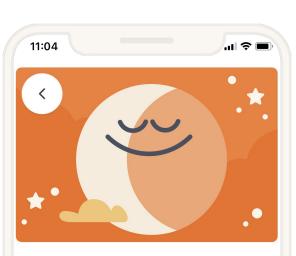
Focus Focus music WFH exercises **Mini-meditations**



Move Mode

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

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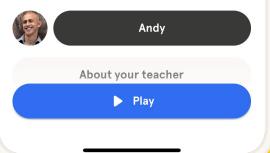


Kids | Goodnight, under 5

↓ Meditation · 1-5 min

Like switching off a light, help kids to gently switch off different parts of the body before bedtime.

Your teacher



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

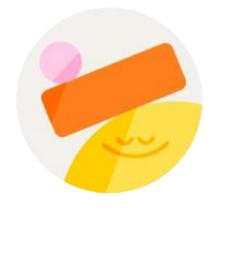


Beginning meditation

Basics Course **Techniques and Animations Everybody Headspace** Everyday Headspace



Focus Focus music and exercises Prioritization Creativity Balance Productivity





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



Anger, sadness, and growth

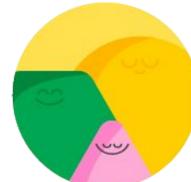
Relationships Self-esteem Patience Acceptance Appreciation Kindness Grief



Physical health

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Mindful eating Cravings Mindful movement Pregnancy Cancer Pain management



Meditate with kids

Calm Kindness Focus Wake up Sleep Happiness Balance

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Beginning meditation

Mini meditations





Breathe Meditation \cdot 1–3 min Add a sense of spaciousness to your day.

Body Scan Meditation • 1-3 min Bring mind and body together.



Unwind Meditation • 1-3 min

Lead your mind to a natural place of rest.



Restore Meditation • 1-3 min Let go of any tension or busyness in the mind.



within you.

22

Refresh Meditation • 1-3 min Wash away any tension in the body.



Focus Meditation • 1-3 min Bring out the innate focus

Meditate with kids

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

Featured

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Sesame Street x Headspace



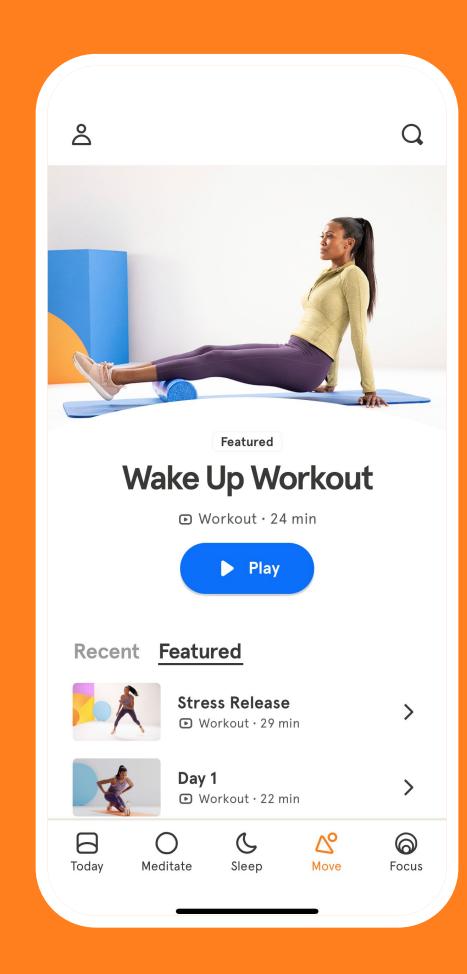
I-Sense With Cookie Monster 3 min • Expert Guidance Explore the senses with Cookie Monster.



Goodnight Body With Elmo

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





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Need to catch some zzz's?



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10:20 🔊

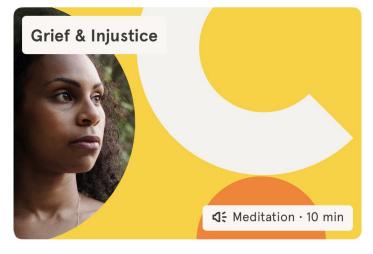
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Headspace features

Voices with diverse perspectives to help us recognize our differences, struggles, and unique journeys.

Dive in Well: Navigating Injustice



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Grief, injustice, and privilege



Grief & Injustice ↓: Meditation · 10 min Process the emotions that arise from racial injustice.

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Honoring Our Experience d: Meditation · 5 min Explore your feelings in the present moment.

10:20 🔊

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Headspace features



Acknowledging Our Privilege ⊄€ Meditation • 10 min Work through discomfort as you recognize privilege.



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Leaning Into Liberty এ: Meditation · 5 min

Understand your privilege without guilt or shame.

Love



Self Love ⊄: Meditation · 10 min

Tap into the love that's always available to you.



Loving Others এ: Meditation · 5 min

Explore ways to appreciate different relationships.



Loving Humanity ⊄: Meditation · 5 min Even when we're divided, we all share common ground.



Loving Earth এ: Meditation · 9 min

Take some time to love and respect Mother Nature.

10:20 🔊

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Headspace features

Conserving and releasing energy



Grounding ଏ: Meditation · 7 min

Settle your breath as you tap into your own roots.



Hibernation

Save your energy and focus it on your intentions.



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Release এ: Meditation • 10 min

Learn to let go of things that don't serve you.



Energizing ⊄: Meditation · 10 min

Take a moment to pause and give yourself a boost.

Intergenerational trauma



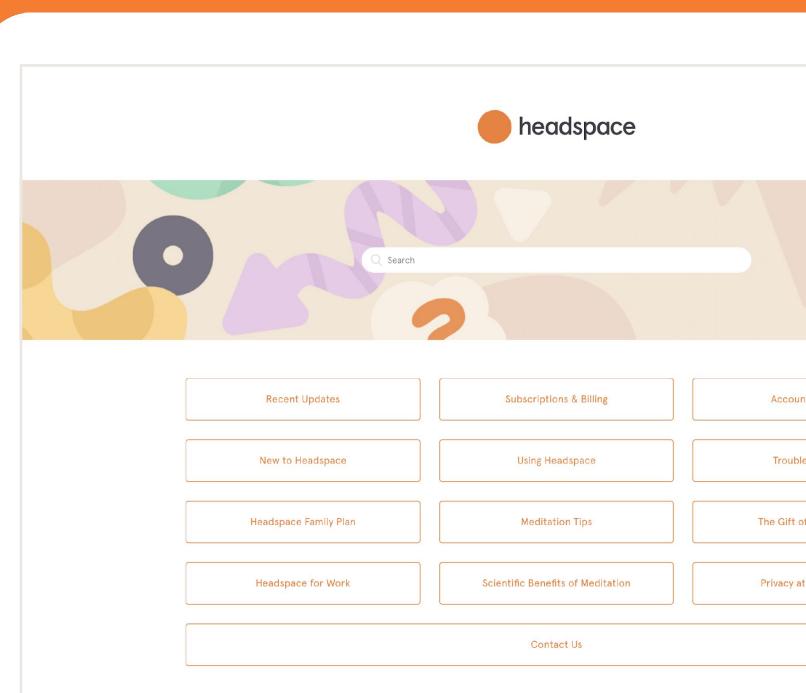
Releasing Wounds State Meditation · 5 min Learn to let go of pain that doesn't belong to you.



Breathing in Hope ⊄€ Meditation · 5 min When you're surrounded by chaos, hold on to hope.

Need help? We've got you.

help.headspace.com







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Headspace Webinar

Thank you



