## An introduction to Headspace



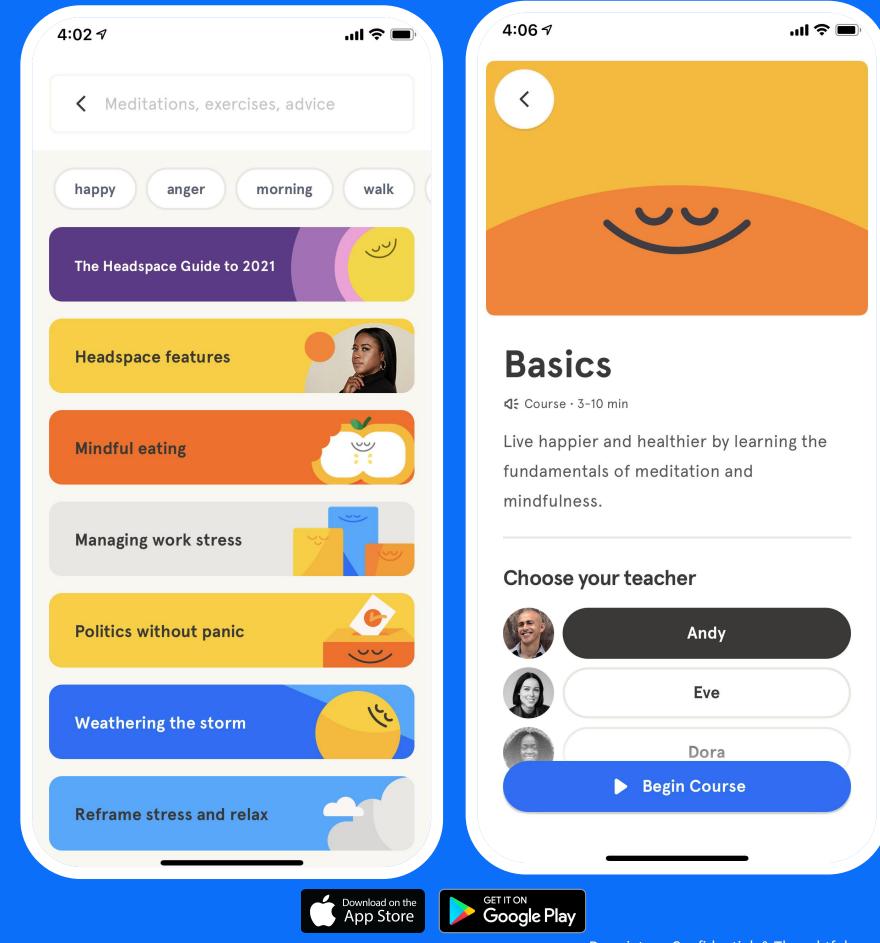
## 1. What is Headspace?





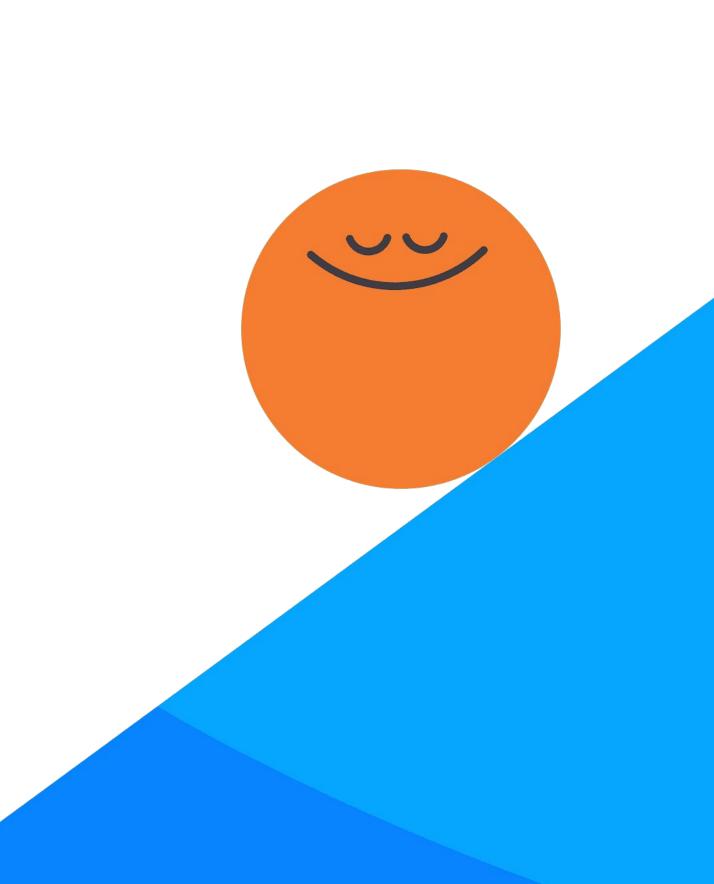
### **Headspace** is meditation made simple.

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

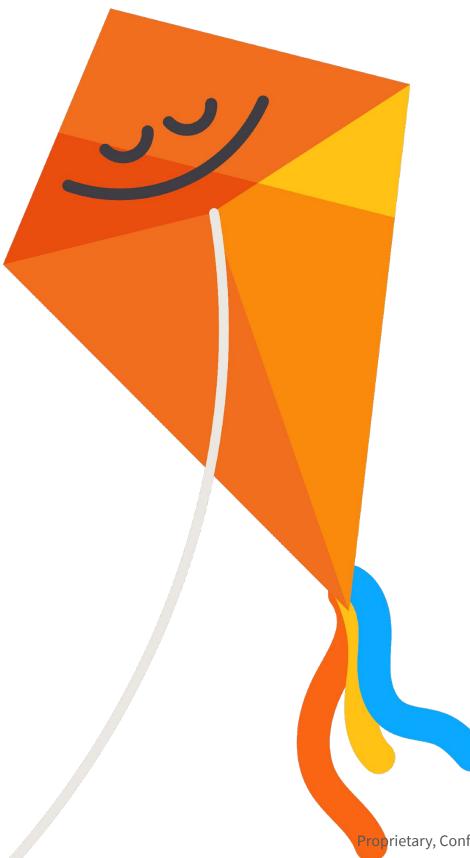




# What is mindfulness?

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



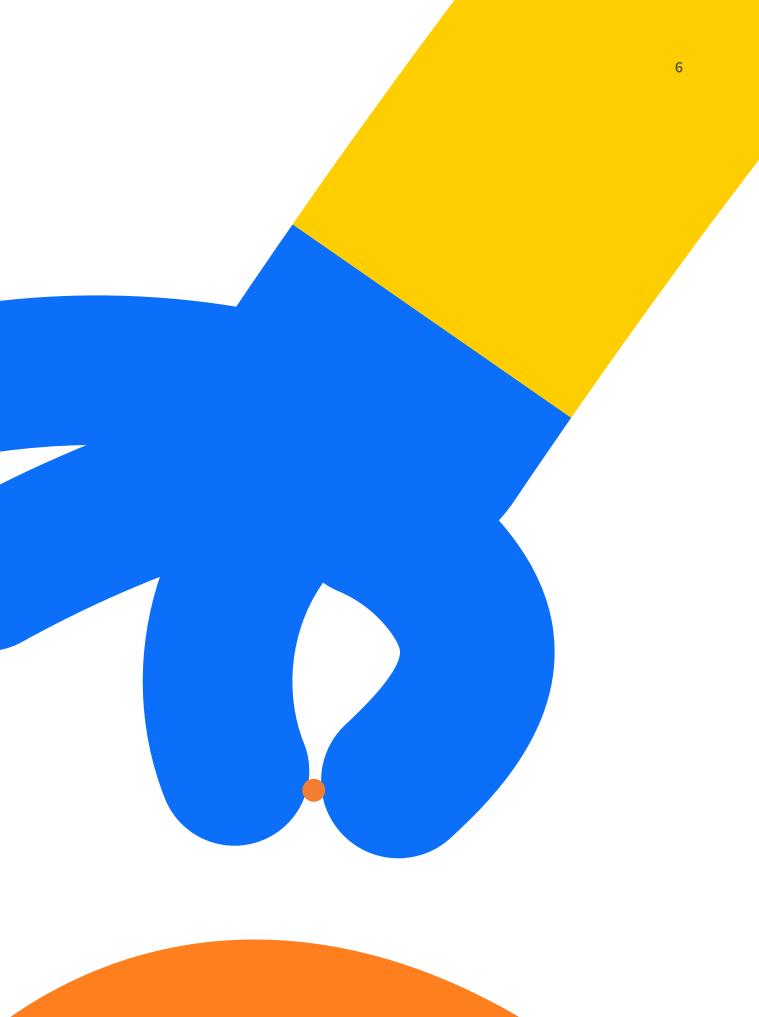


headspace

# 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

headspace

## We often ignore the mind.

headspace<sup>®</sup>

## 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

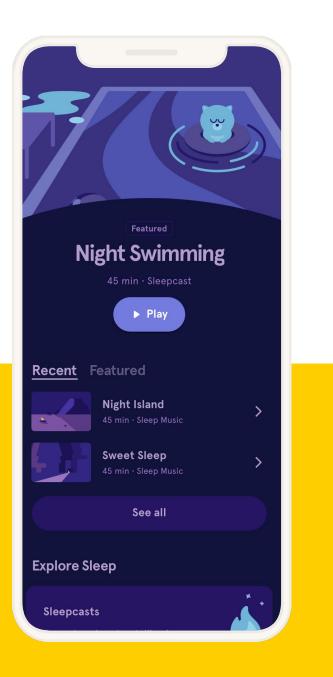
## 3. How do I Headspace?

work.headspace.com/viacomcbsproductions/member-enroll



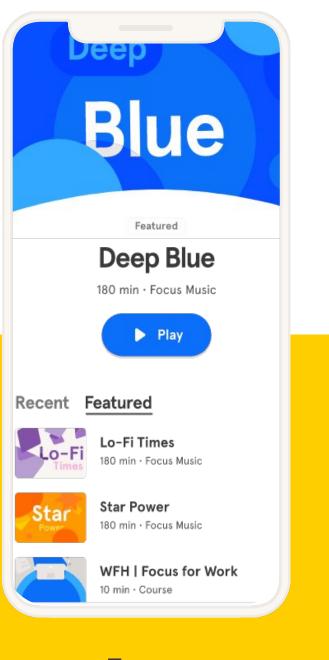


### A day with Headspace

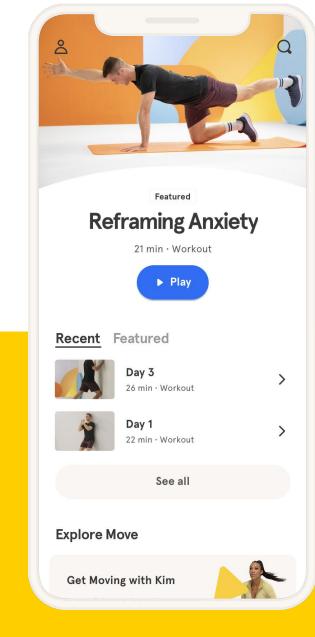


#### Sleep

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

headspace

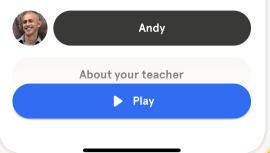


#### Kids | Goodnight, under 5

↓ 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

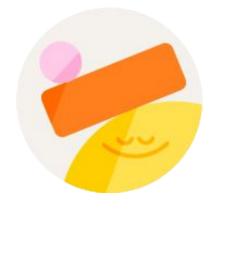


#### Beginning meditation

**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

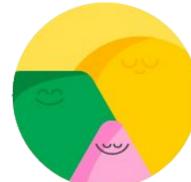
Relationships Self-esteem Patience Acceptance Appreciation Kindness Grief



#### **Physical** health

13

Mindful eating Cravings Mindful movement Pregnancy Cancer Pain management



#### Meditate with kids

Calm Kindness Focus Wake up Sleep Happiness Balance

#### <

#### 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

<



#### . . . .

#### Sesame Street x Headspace



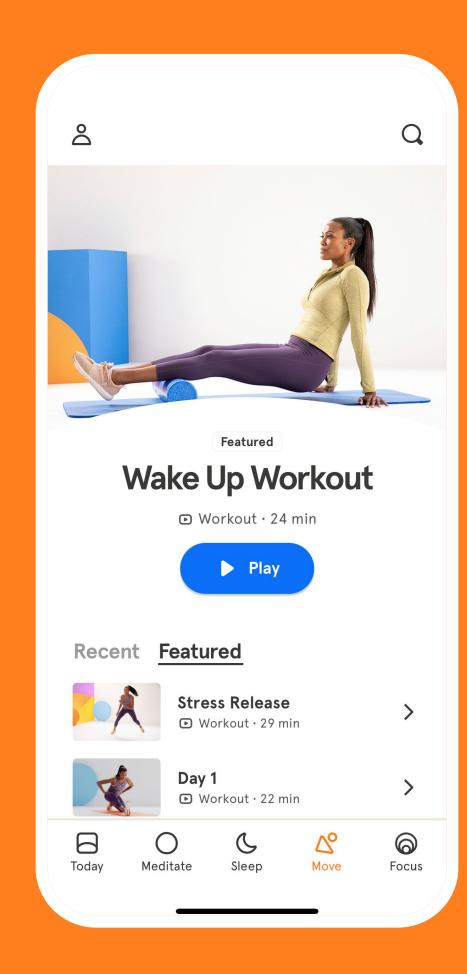
I-Sense With Cookie Monster 3 min • Expert Guidance Explore the senses with Cookie Monster.



#### Goodnight Body With Elmo

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





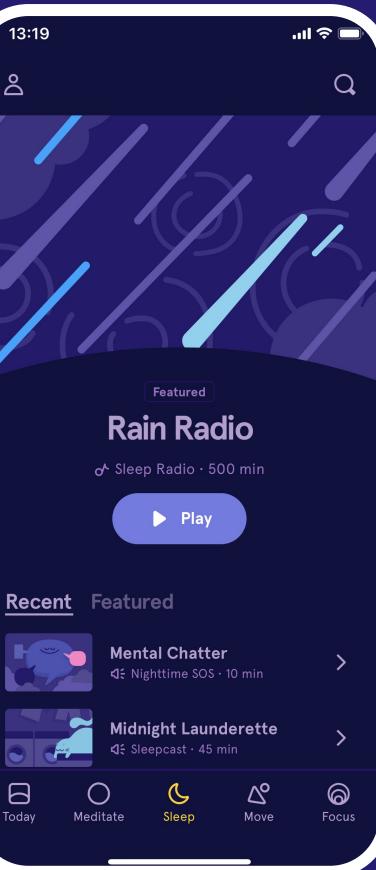
headspace

### Need to catch some zzz's?



 $^{\circ}$ 





#### 10:20 🔊

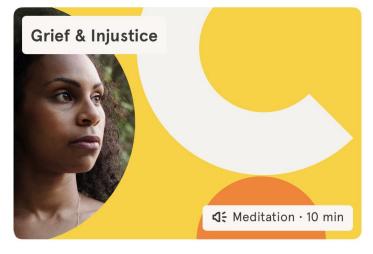
<

<mark>'''| 🛎 🔳</mark>

#### Headspace features

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

#### Dive in Well: Navigating Injustice



 $\bullet$   $\bullet$   $\bullet$ 

#### Grief, injustice, and privilege



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

headspace



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

#### 10:20 🔊

<

#### Headspace features



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



.... 🗢 🔳

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 🔊

<

#### 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.



.... ? .....

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



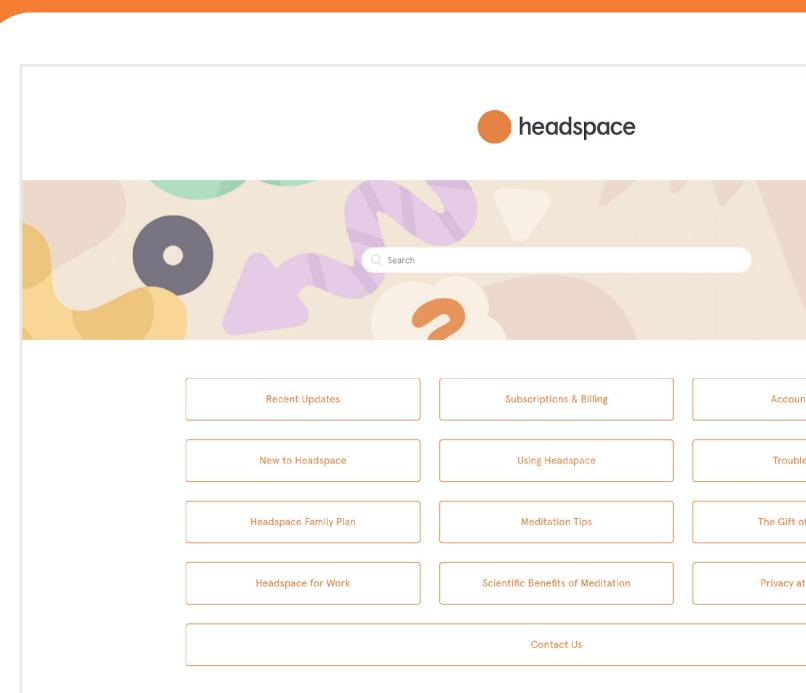
Releasing Wounds State Meditation · 5 min Learn to let go of pain that doesn't belong to you.



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







	Submit a request
nt Settings	
leshooting	
of Headspace	
t Headspace	
	Get Help

Headspace Webinar

## Thank you



