

# Be kind to your mind



Mindfulness has been shown to help people stress less, increase focus, and sleep more soundly. Meditation helps you to be more mindful — and Headspace is your personal guide, with hundreds of meditations and exercises for sleep, focus, and movement.

You'll have free access to the entire Headspace library.

## Headspace loves science

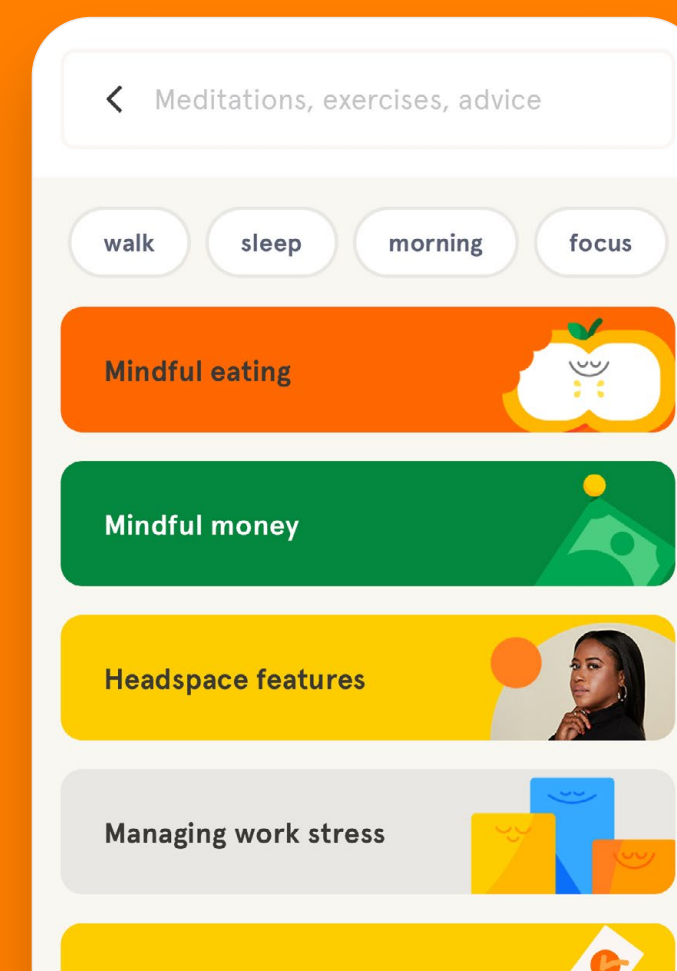
Just 10 days of Headspace can increase happiness by 16%.

## Join over 70 million

Connect with friends and over 70 million people who have downloaded the app.

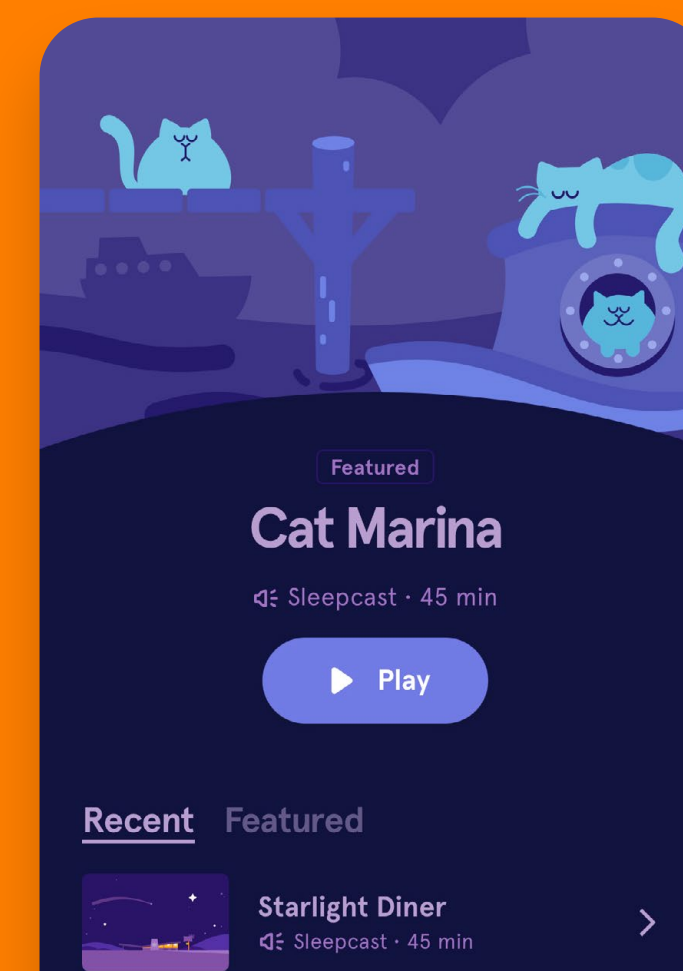
### Meditation

Guided meditations on topics like stress, self-esteem, and relationships, plus meditations for kids



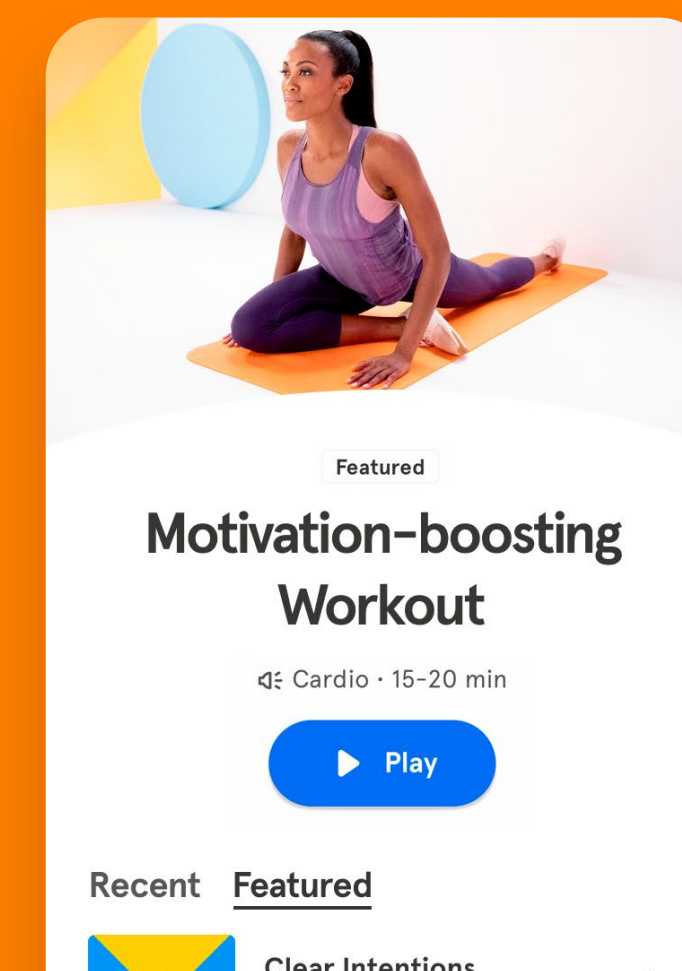
### Sleep

Sleepcasts, music, and bedtime audio for restful nights



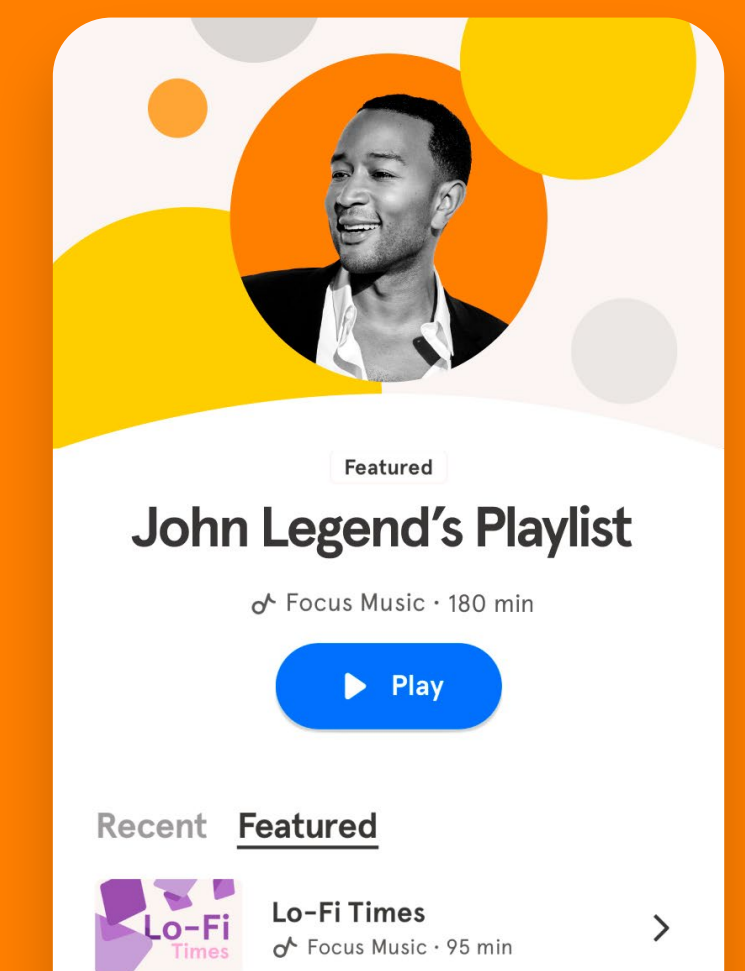
### Move

Quick workouts and guided cardio for body and mind



### Focus

Meditations and music to help you zoom in on what matters



## Get started

Just follow these steps to sign up and start your journey. Need help? Headspace is here at [teamsupport@headspace.com](mailto:teamsupport@headspace.com)

1 Visit [headspace.com/educators](https://headspace.com/educators) or scan this QR code

2 Create a Headspace account or log in with an existing account and verify your school/district email address

3 Download the Headspace app and get started

