

Be kind to your mind

Headspace loves science

Just 10 days of Headspace resulted in a 14% decrease in stress. 30 days resulted in a 32% decrease in stress.

Join over 70 million

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

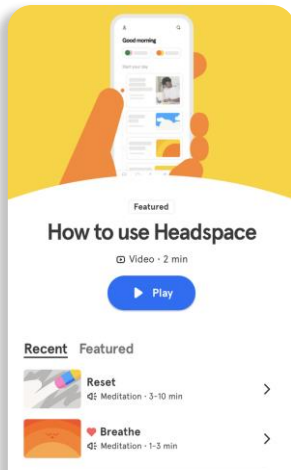
Mindfulness has been shown to help people stress less, increase focus, and sleep more soundly. Meditation helps you to be more mindful -- and Headspace is your personal guide, with hundreds of meditations and exercises for sleep, focus, and movement.

Jackson Health System is proud to partner with Headspace and provide employees access to the full library for free. Check out all that Headspace has to offer below. Haven't signed up for your free membership yet? Simply visit <https://work.headspace.com/jacksonhealth/join>, or scan the QR code with your smartphone.



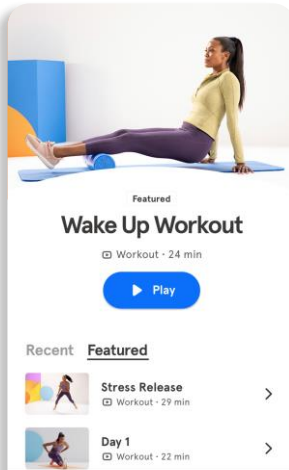
Meditate

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



Move

Quick workouts and guided cardio for body and mind



Sleep

Sleepcasts, music, and bedtime audio for restful nights



Focus

Meditations and music to help you zoom in on what matters

