

Headspace for Work

Mindful leadership in 2022

A toolkit for more resilient and connected teams









Mindful solutions

Practice mindfulness meditation

m x
(x !) m
, m
m .

Encourage mindfulness at work

m x m ,
x ,
m .

Up your activity level

Commit to mindful sleep habits

x m m
. m
x , x
.

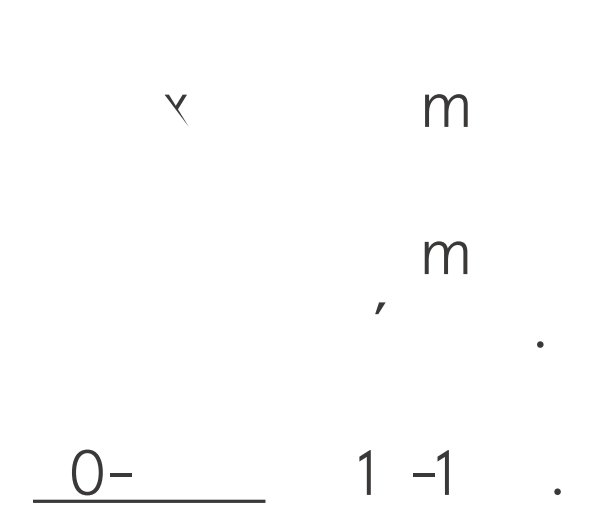
On Headspace:



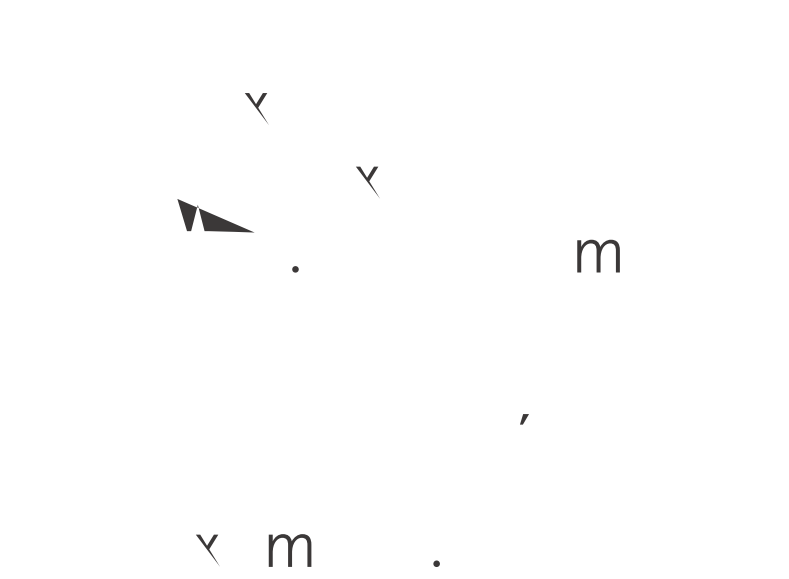


Mindful solutions

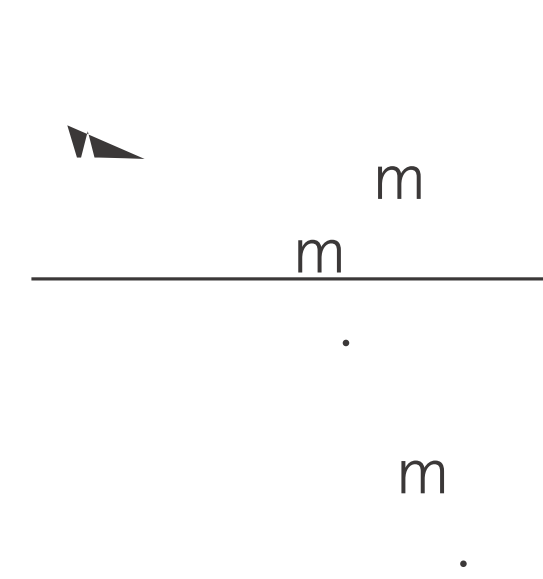
A cool, dark room is best for sleep



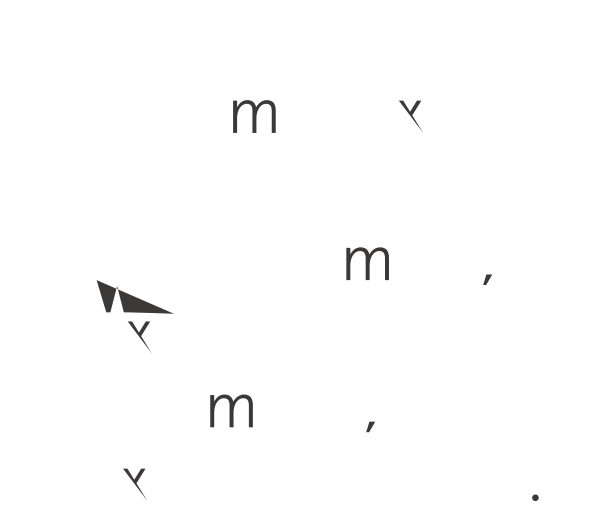
Calm your mind with audio



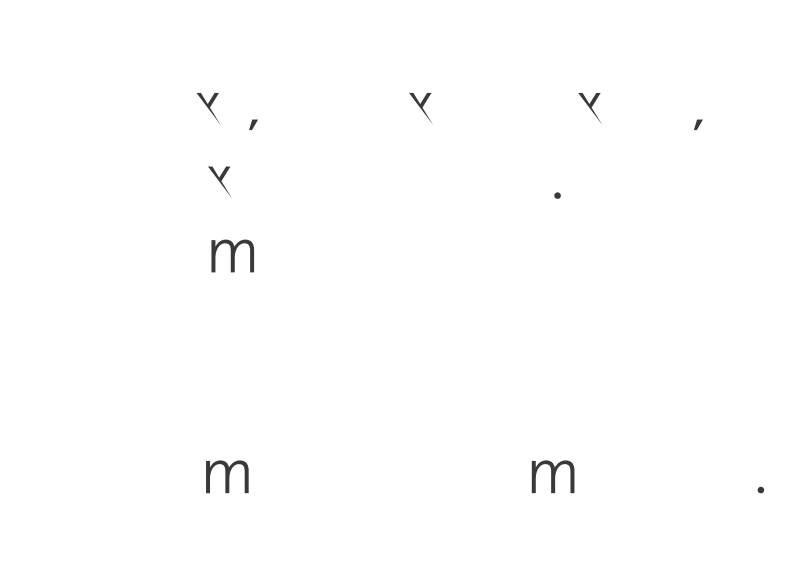
Dim the lights



Turn off screens an hour before bed



Try a sleep meditation



On Headspace:

Course	Meditation	Course	Sleep
Relaxing into Sleep	Sleep	10 - 20 m	

FOCUS

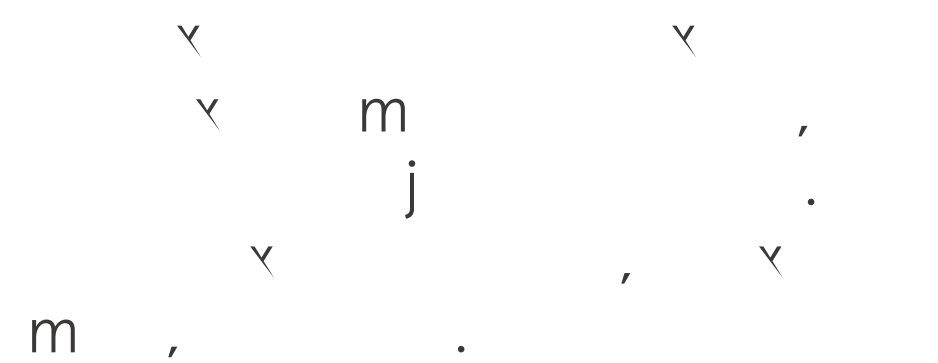
Being present is a gift



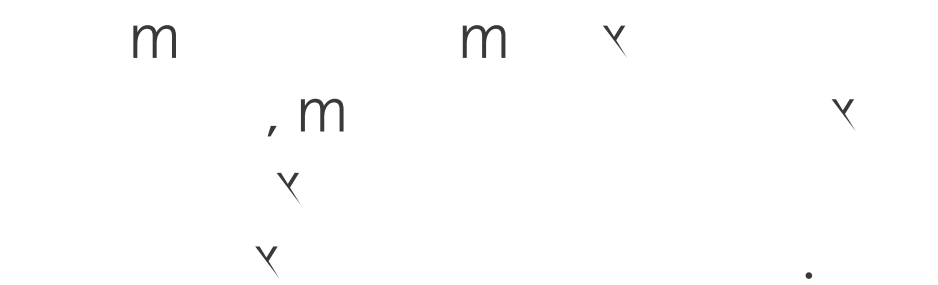


Mindful solutions

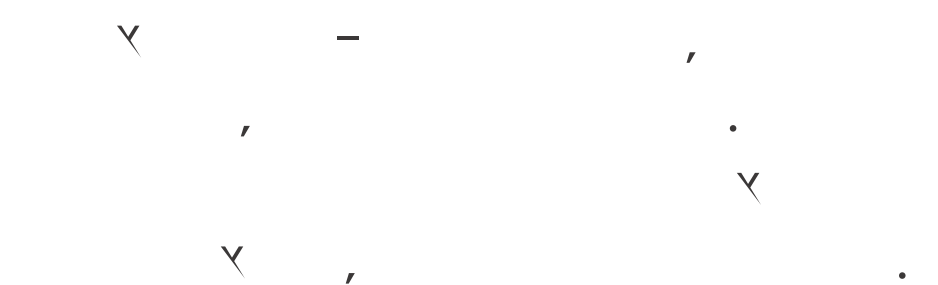
Breathe through it



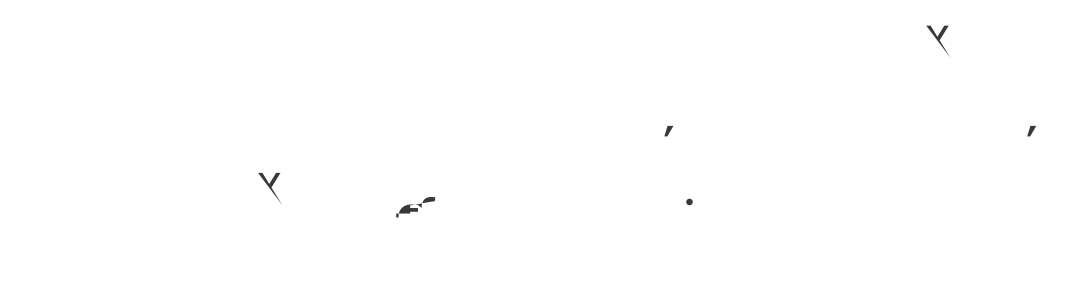
Sharpen your mind with meditation — even for just a few minutes a day



Go for a walk



Get in the zone with music



On Headspace:

Meditation

Focus

1-3 m

Mindful Activity

Walking in the City

3-10 m

Video

Does Music Help You Focus?

3 m

Playlist

John Legend's Focus Playlist

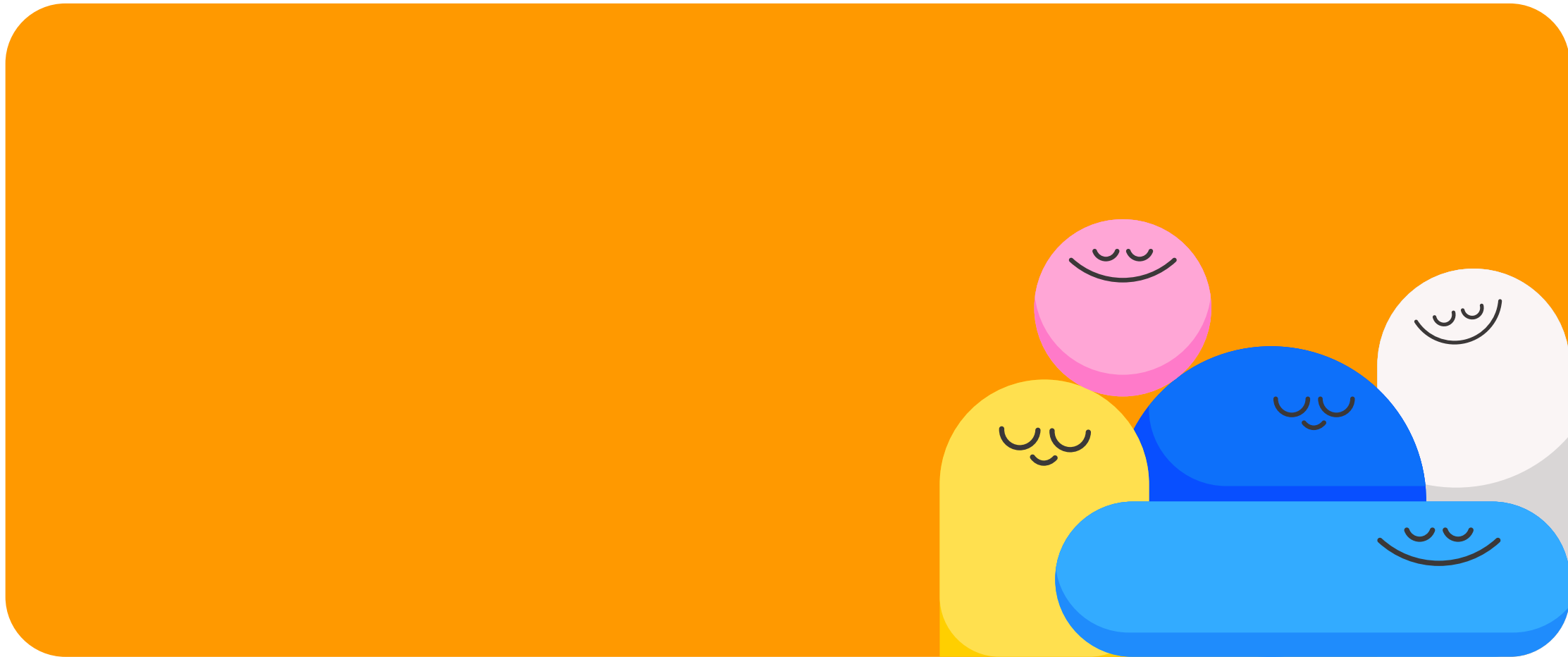
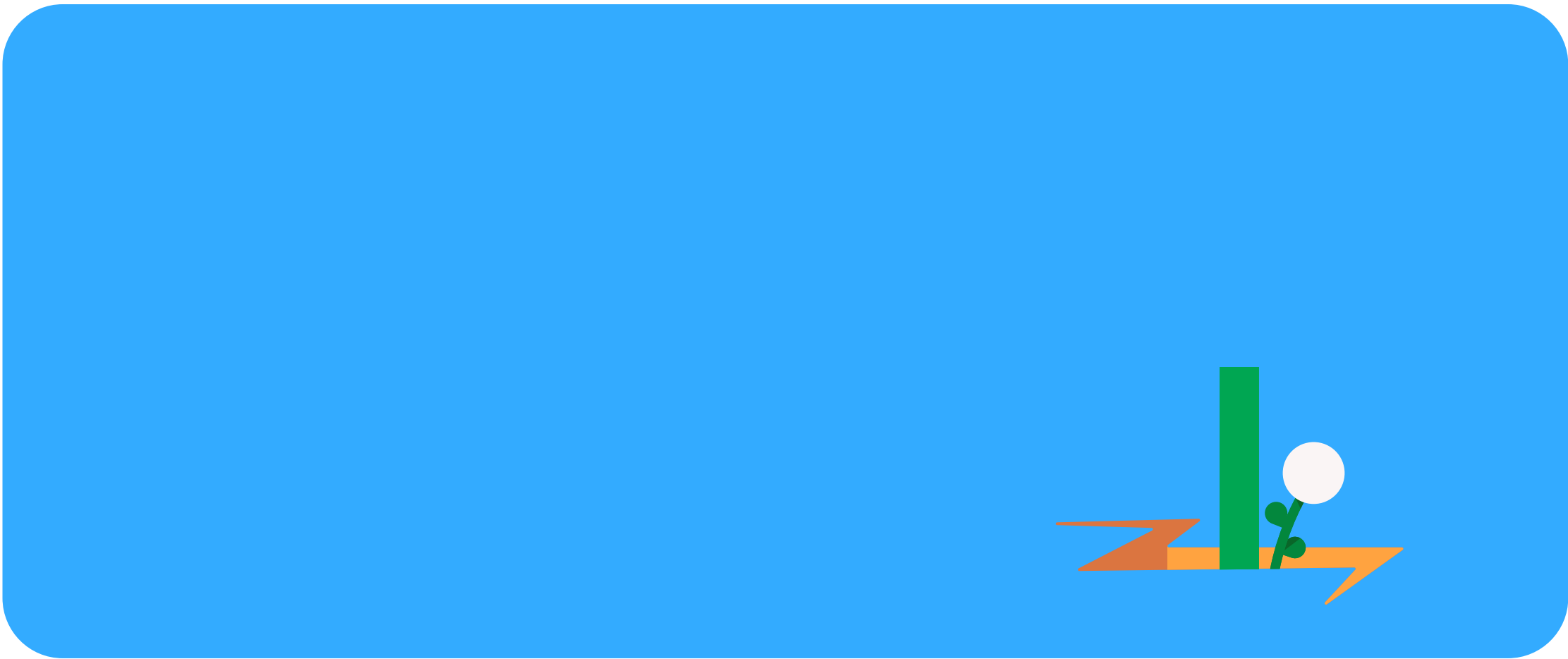
30 m

Course

Prioritization



Resilience





Beginning a more mindful 2022

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