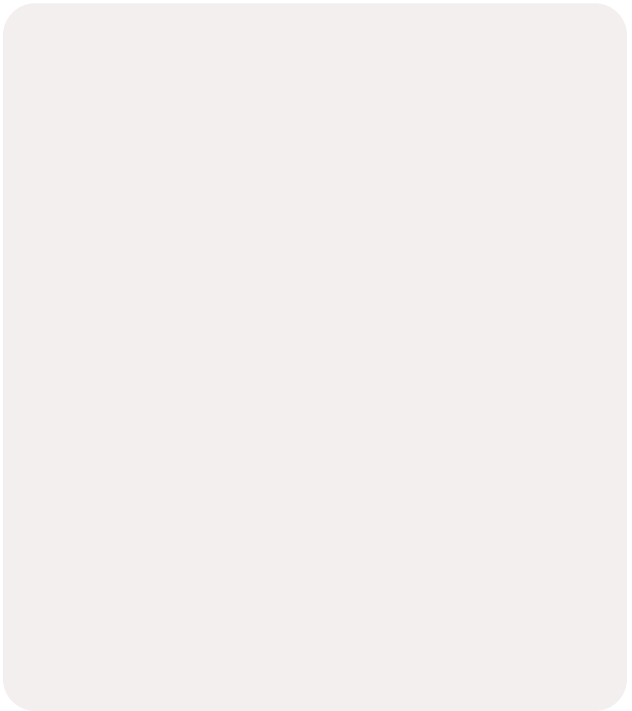


10 days to a healthier, happier you

Headspace makes your everyday that little bit better.
Helping you get happy, stress less, and sleep soundly.

leli

What part of your life would you like to get a little healthier and happier? It helps to reflect on your “why” from time to time.



Catch your breath

Today is all about your first Headspace meditation. Our intro course is called the **Basics**, and it's the perfect place to start your journey — whether you've done meditation before or not.

Search for **Basics** in the Headspace app. Then, all you have to do is find a quiet, comfortable place to sit and press play.

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**There's no right way
or wrong way to get
some Headspace.**







Da 3

Hello
Happy

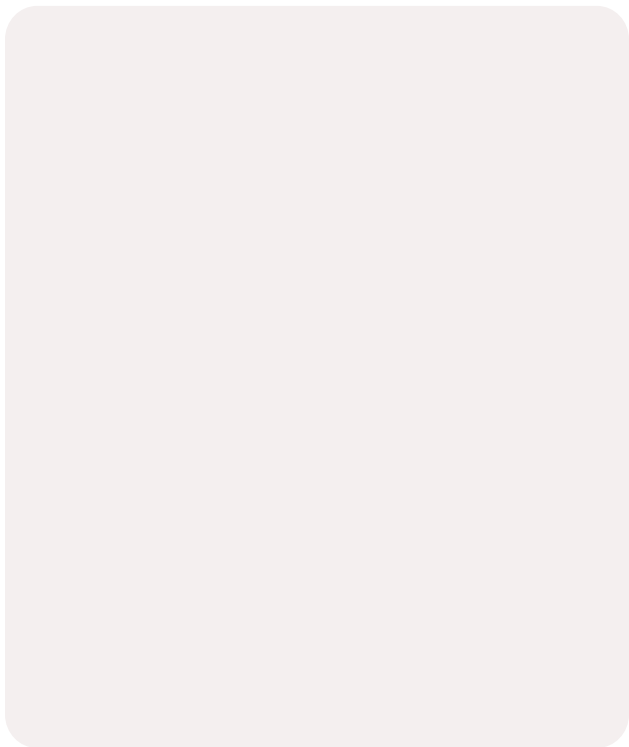


Bye-bye stress

10 days of
Headspace
can decrease
stress by 14%



What part of your routine can you do a bit more mindfully today?

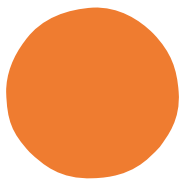


Thought come, thought go

Halfway through 10 days of Headspace — keep going, you're doing great. Hopefully, you're starting to feel some benefits from taking time for yourself. But if not, that's OK.

Remember, mindfulness isn't about clearing your mind. It's about learning to be at ease with your mind as it is. So, let's see what's going on in there today, with your third **Basics** session.

Headspace



Enjoy every mouthful

Often when we eat, we are thinking about everything but eating. Today's mindful exercise should be easy to do, and hopefully pretty tasty.

Grab your favorite food or drink. Free yourself from distractions. And just focus on your senses as you enjoy it. How does it look, smell, feel, and (most importantly) taste? For an added pinch of Headspace guidance, search for our mindful **Eating** exercise in the app.



Ju al

If there's anything stuck on your mind today,
use this space to let it go.

Be kind to yourself

One. Whole. Week. Nice work. Maybe you're feeling a little more comfortable or relaxed. Or perhaps you've been appreciating the little things more often.

Maybe you've done every day. Maybe you haven't.





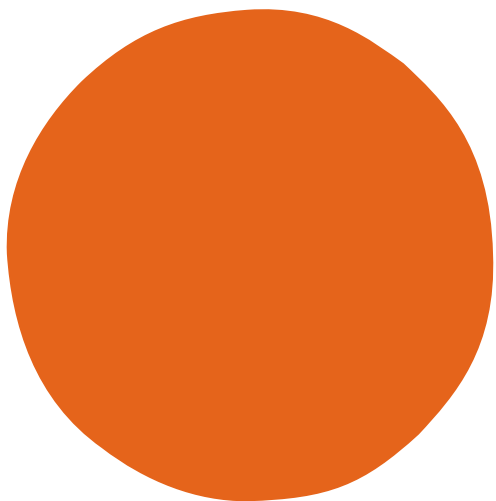
Joy is here!

When was the last time you felt joy? Mindfulness through play helps remind us there's joy to be found in all of life. All of the time. Whatever our age.

You'll know best what makes you smile or laugh. But



**Remember,
the blue sky is
always there.**



Everyday Headspace

Learning meditation and mindfulness is like anything new. It just takes some practice. But the more Headspace you do, the easier it gets to find that place of calm when you need it. And on the days you do struggle to find time for yourself, you probably need that calm place more so than ever. So, let's enjoy some now, with your fifth **Basics** meditation.

Wardig

**You just
got some
Headspace**



This is just the beginning.

You did it — 10 days of Headspace. If you're starting to feel a little healthier and happier now, imagine how you'll feel with a few more weeks, or months, of Headspace. Take a moment to revisit page 3, and

