

## Welcome to Headspace

# 10 days to a healthier, happier you

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Headspace makes your everyday that little bit better. Helping you get happy, stress less, and sleep soundly. You can learn the life-changing skills of meditation and mindfulness through simple exercises and expert guidance. All in just a few minutes a day. This is your guide to 10 days of Headspace. Where you'll be walked through some easy, mindful exercises, step by step. Some of the exercises might feel new, like meditation. But others, will feel like you're just doing the everyday things you normally do, just a little more mindfully.

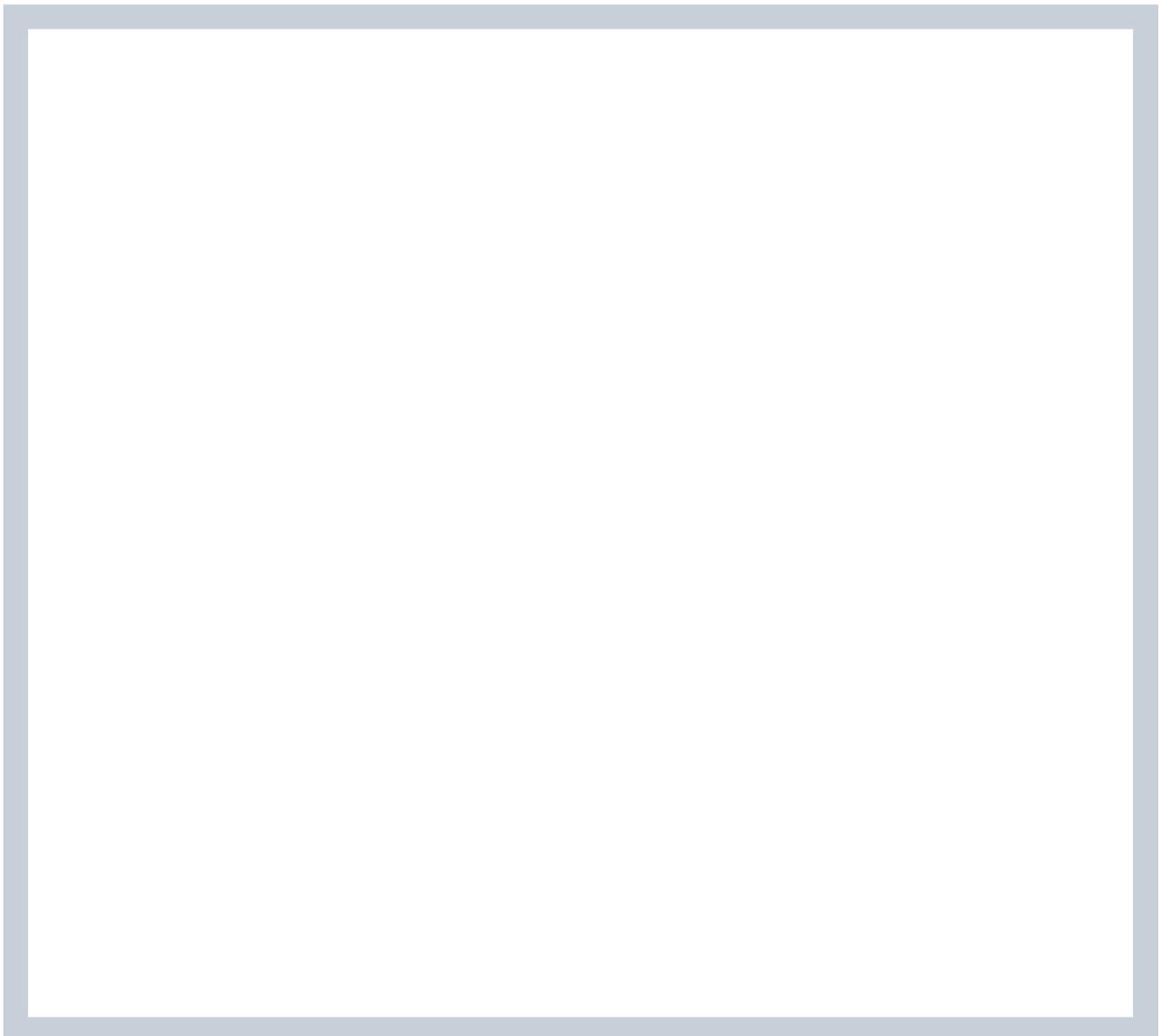
## Ready to get some Headspace? Download the app and let's go.

1. Visit: <https://work.headspace.com/spscompaniesinc/member-enroll>
2. Click "No. Create a new account." *(Note: If you already have a Headspace account, click "Yes, I have an existing account" and enter your existing Headspace login information.)*
3. Fill in the email address and password you would like to use to log into Headspace and click "Create an Account"
4. Verify your account by entering your last name and Employee ID Number *(Note: We use Employee ID number for verification. To find your Employee ID, log into UKG/UltiPro > click on Myself > Personal > Employee Summary)*
5. New members will receive two emails: one to confirm your new Headspace account, and one to verify your email address
6. Download the Headspace app in the iOS App Store or Google Play Store
7. Open the app and log in using your Headspace login details
8. Get some Headspace

# Intention

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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.



Day 1

# Catch your breath

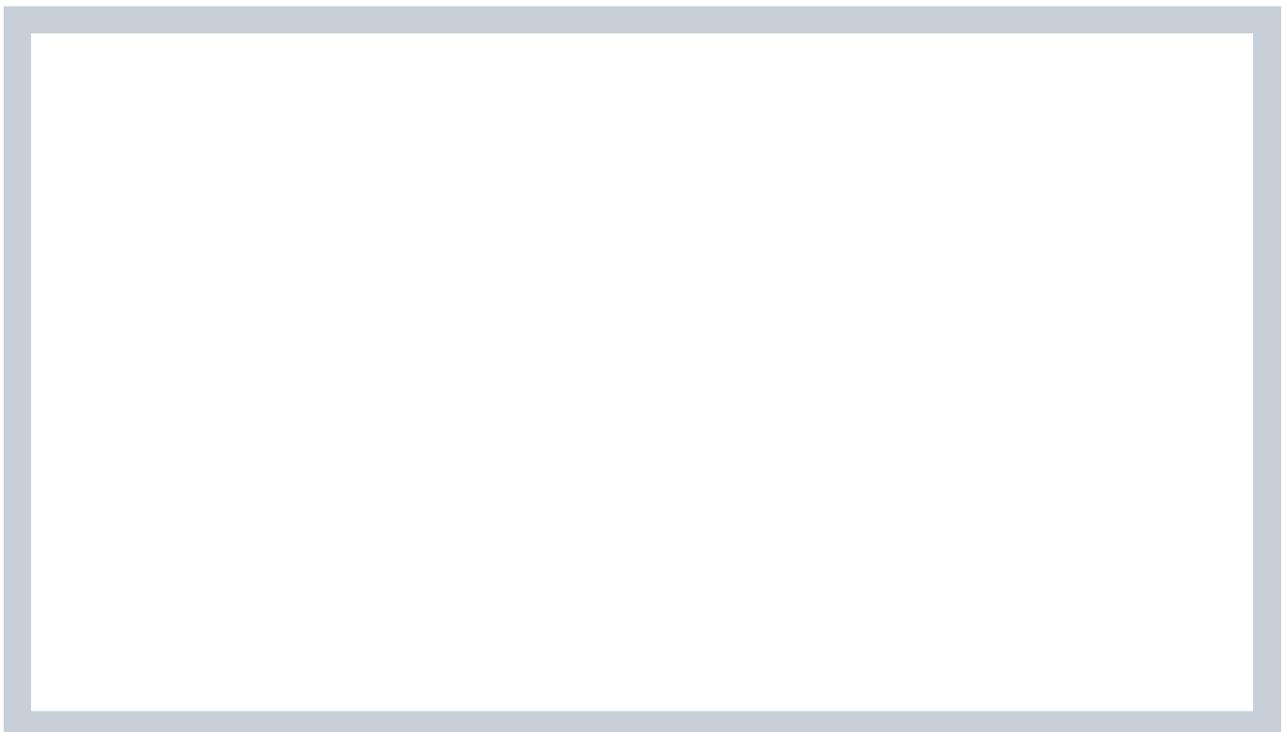
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Today is all about your first Headspace meditation. Our intro course is called the Basics, and it's the perfect place to start your journey — whether you've done meditation before or not.

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

## Journal

Use this space to write about your first meditation. How did it feel?



Day 2

# Put your mind to bed

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Tonight, you'll create the perfect conditions for restful and mindful sleep with a Headspace sleepcast. Great sleep is miraculous — it helps improve focus, prevent disease, and may even help you live longer.

Find a sleepcast under Sleep in the app and set yourself up for a perfect night ahead.

There is no right way or  
wrong way to get some  
Headspace.

**Just your way.**

Day 3

# Hello Happy

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Start your day mindfully, with the second of our Basics course. It helps to find a regular time to meditate. Often in the morning, before you're thrown into the day, is a great moment to find some time just for you. Make it part of your routine, just like brushing your teeth or taking a shower.

**Bye-bye  
stress**

10 days of Headspace can decrease stress by 14%

## Day 4

# Walk it off

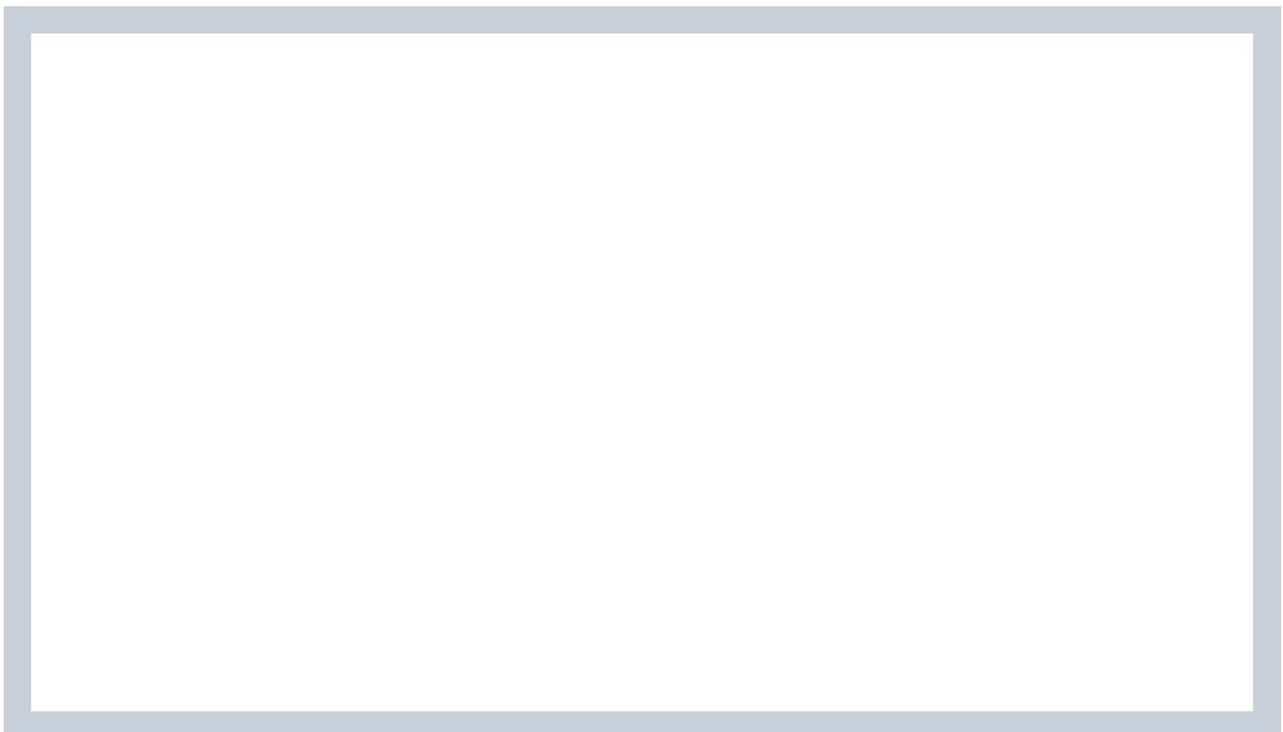
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Walking mindfully. It might sound silly at first, but by doing a simple everyday thing a little more mindfully you'll find yourself more present, healthier, and happier.

Let's try it today, search **Walking** in the app to find a session. Or just simply head out, taking time to enjoy the sights and sounds surrounding you. Feeling the soles of your feet hit the path ahead, left, right, left, right ...

## Journal

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



Day 5

# Thought come, thought go

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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.

Day 6

# Enjoy every mouthful

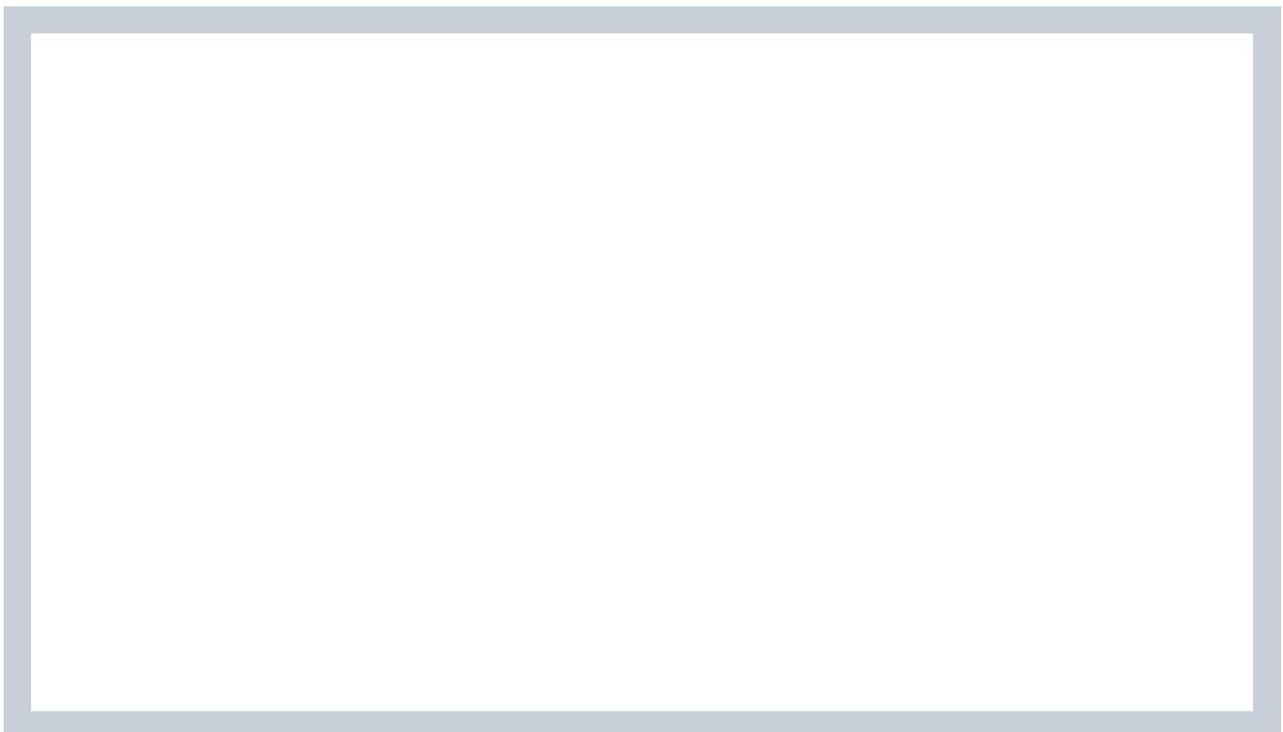
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Often when we eat, we are thinking about everything but eating. Today's mindful exercise should be easy to do, and hopefully pretty tasty.

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.

## Journal

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



Day 7

# Be kind to yourself

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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. Remember, it's OK to skip a day when you need to. Be kind to yourself. For now, let's sit and do your next Basics session.

## Day 8

# Joy is here!

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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 how about today you do one thing that your 10-year-old self would want to do? Then afterwards, search Refresh in the app, and try a mini-meditation for some added sunshine in your life.

Remember,  
the blue sky is  
always there.

# Everyday Headspace

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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.

## Day 10

# Healthy, happy, here you come

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Your 10th day of Headspace — great stuff. Today let's see how mindfulness might become part of your everyday, in an ongoing way.

Let's start your day with *Everyday Headspace*, a daily meditation on the homepage of the app. Next, with your morning coffee, tea, or breakfast just practice being present with your senses as you enjoy it. Break up the afternoon, with a mindful *Walking* exercise. In the evening, be sure to do something that brings you joy. Then round off the day with *Goodnight*, a sleeping meditation.

What next

# This is just the beginning.

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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 your reason for getting some Headspace. Hopefully you feel like you're making some progress.

Headspace is pretty simple, really. All you have to do is show up. And make time for yourself. Whether going for a walk, enjoying a meal, switching off, finding joy, or catching your breath — it just takes a few minutes a day to find some mindfulness.

Headspace is your partner in your everyday, for every part of your life. So, keep exploring things in the app that resonate with yours. Headspace will always be right in your pocket when you need us. Ready for day 11?