



# Be kind to your mind

## Start your free Headspace membership

Mindfulness has been shown to help people stress less, increase focus, and sleep more soundly, and Headspace is your personal guide. With hundreds of exercises for meditation, sleep, focus, and movement, they'll help you start and end your day feeling like your best self.

On March 15, UCSD is excited to launch a new partnership with Headspace. You will get free access to the entire Headspace Library, including:

Guided meditations on stress, self-esteem, relationships, and more

Sleepcasts, music, and bedtime audio for restful nights

**Focus:** Meditations and music to help you zoom in on what matters

**The Wake Up:** daily videos to start your day inspired

**Move Mode:** quick workouts and guided cardio for body and mind

Joining is easy. 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: [caps.ucsd.edu/iflourish](https://caps.ucsd.edu/iflourish)
- 2 Create a Headspace account, or log in with an existing account and verify your UCSD email address
- 3 Download the Headspace app and get started

