

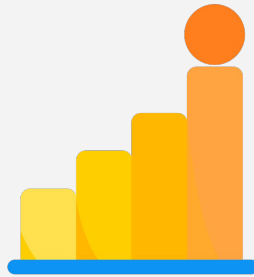
Headspace: Mindfulness for everyday life

Stress less. Move more. Sleep soundly.



Learn a mindful approach

Explore 1000+ hours of guided exercises, videos, and more to help healthier and happier.



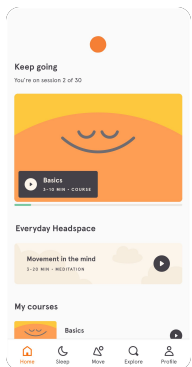
Headspace loves science

10 days of Headspace can increase happiness by 16%



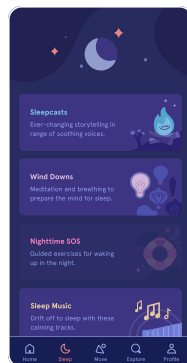
Join over 60 million

Connect with friends and over 60 million people benefiting from mindfulness.



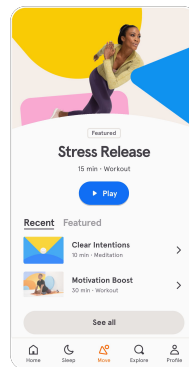
Meditation

Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of day.



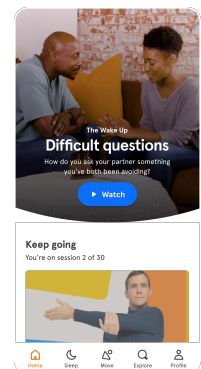
Sleep

From waking up in the night to switching off after a long day, create the conditions for restful sleep.



Move

Train your body and your mind at the same time with exercises to strengthen your mental and physical well-being.



The Wake Up

Inspiring stories and mini-meditations delivered daily to help you start your morning right.

Enroll in Headspace for UC San Diego here: work.headspace.com/ucsandiego/member-enroll

- 1 Sign up or log in to your existing Headspace account
- 2 Verify Using your UC San Diego student email
- 3 Download the app