

Headspace Q&A



Does Headspace have content and exercises beyond meditation and mindfulness?





True

Yes! In addition to meditation, we also have audio exercises for sleep, and an extensive collection of content for mindful movement and Focus music. Looking to wind down with some Sleep Sounds or watch some animations on mindful living? It's all in the app. We have over 1,000 hours of content designed to develop mindfulness in your life.

Can I really meditate anywhere?





True

Yes! You can meditate with your eyes closed, open, or when you're walking. It starts with just one minute and you can do this where you are. The more we meditate, the greater the chances we will feel calmer, clearer, content, and more compassionate. And the more mindful we become.

Are the benefits of meditation really backed by scientific evidence?





True

Yes! Meditation is over 2,500 years old and its benefits have been studied extensively by scientists.

Headspace has always worked with researchers, and has been shown to reduce stress and improve focus and compassion. Meditation practice has even been shown to change the structure of the brain in areas connected with stress.

Is coaching for me, even if I'm not struggling with mental health issues?





True

Yes! Anyone can benefit from coaching!
Coaches provide support for everyday challenges. They can help you navigate work-related issues, create a personal growth plan, build a routine to get a restful night's sleep, or just keep you accountable so you can achieve your goal.

Is text-based coaching free and unlimited?





True

Yes! Your employer is providing coaching services at no cost to you and your dependents – as long as they're 13 years or older. You can chat with a coach in real time, regardless of where you are, and for as long as you need.

Coaching is free but is therapy free?





True

Yes, but within limits! Your employer is also covering the cost for up to **eight (8)** therapy sessions per person, per issue, per year for you and your dependents.

Thank you
and take
care

