

Need help finding calm in the day?

Need tools for managing stress or anxiety?

FACT: More than 1 in 5 of the world's adults struggle with mental health, but everyone is deserving of mental health support.

Meditation and mindfulness practices nourish the mind. Because of this, meditation is becoming a powerful wellness tool, joining a healthy diet and exercise as a practical measure to put your well-being first.

We encourage you to access the **Headspace app** to help you find moments of calm that allow you to re-energize, increase your resilience, and find more happiness. This app, included as an employee benefit, offers blissful soundscapes, meditations, and courses to build resilience, creativity, balance, and more.

Ready to be kind to your mind?

You will only need your EHA Code to register. Scan the QR code on the right to get started today!



Don't know where to start? Try these suggestions:

Meditation - Taking a Break - 3 mins

Move - Stress Release Mini - 15 mins

Course - Basics - 3-10 mins

Sleepcast - Cabin Porch - 45 mins

Expert Guidance - Heading to School - 4 mins