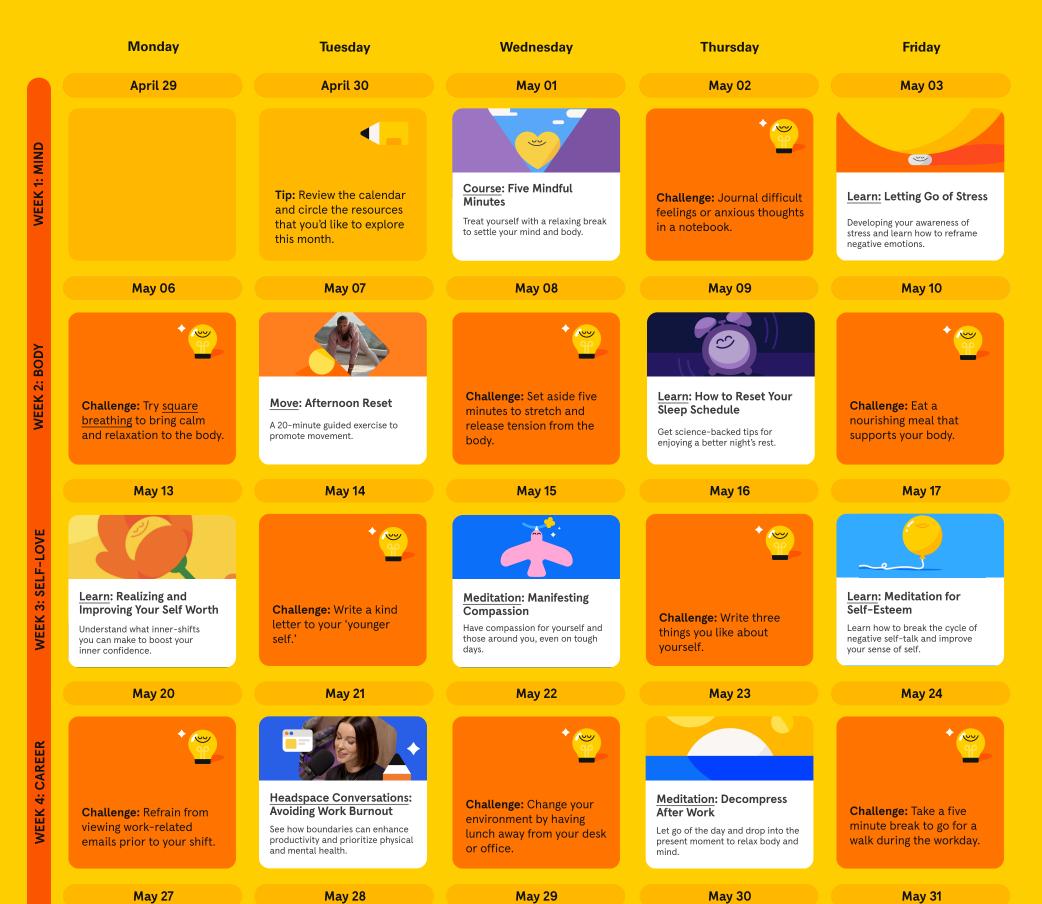
headspace

Mental Health Awareness Month

Care for your mind, honor your mental health.

Join us for a month dedicated to being kind to your mind. This May, we invite you to prioritize your mental health with daily resources designed to cultivate tenderness with yourself and others.



May 27

Headspace Conversations:

Tackling Loneliness

and more.

Members talk about COVID

isolation, human connection,

May 28

Challenge: Call a friend

just to say 'hi' and

reconnect.

Rev

Meditation: Connecting

Tap into the support and warmth of

community by connecting with others.

with Community

May 31



Ask Rosie: Improving Your Relationships

Learn a simple trick to bolster relationships with loved ones and yourself.

Make time for your mind today and every day.

Headspace offers meditations, mindfulness tips, sleepcasts, focus playlists, and more.

Have a question? Email teamsupport@headspace.com



Ruy

Challenge: Make plans for

quality time with a friend

or family member.