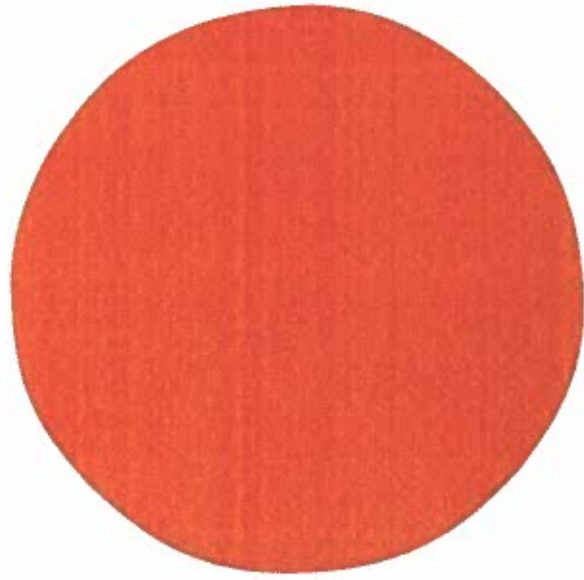


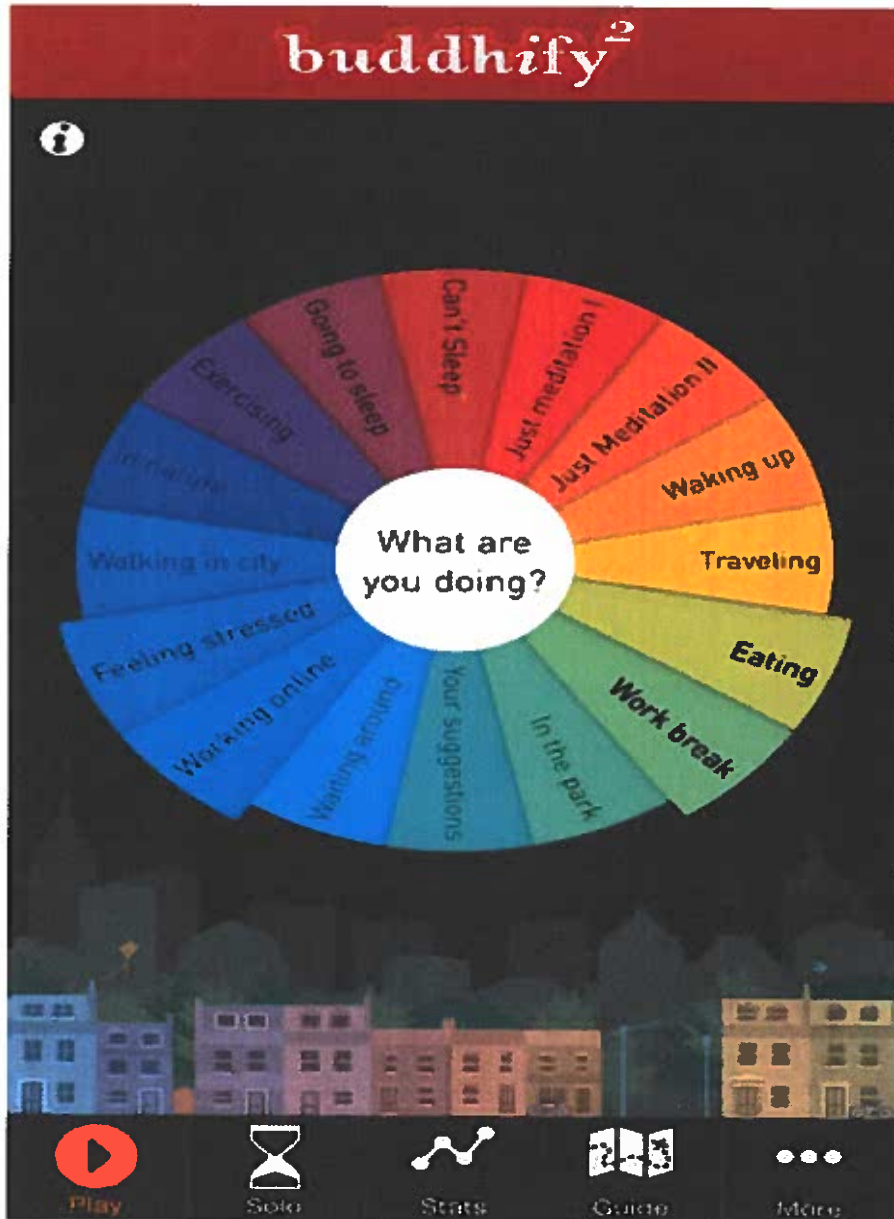


Techniques to help control your emotions and
improve your overall well being



HEADSPACE®

**Breathe, meditate and live mindfully while
managing your anxiety and stress**



You don't have to find time for meditation,
instead it comes to you

Shine 

A positive morning text to get your day started



STOP, BREATHE
& THINK

Calming experience to help you stay mindful,
de-stress and build emotional strength



Relax Melodies

Find your calming ambient noise
with over 50 sounds to select from

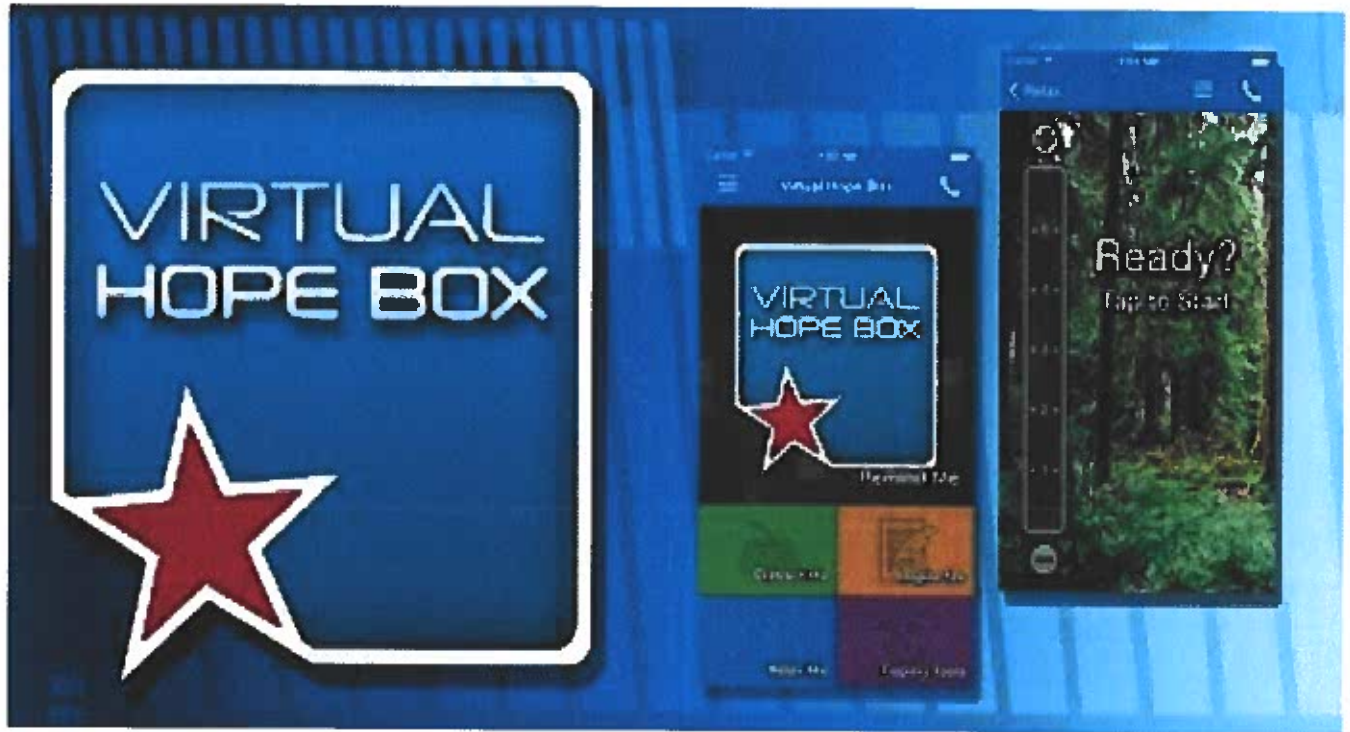


Perfect mindfulness app for beginners



CLEAR FEAR

**Learn to reduce physical responses to fear with
changing thoughts and behaviors**



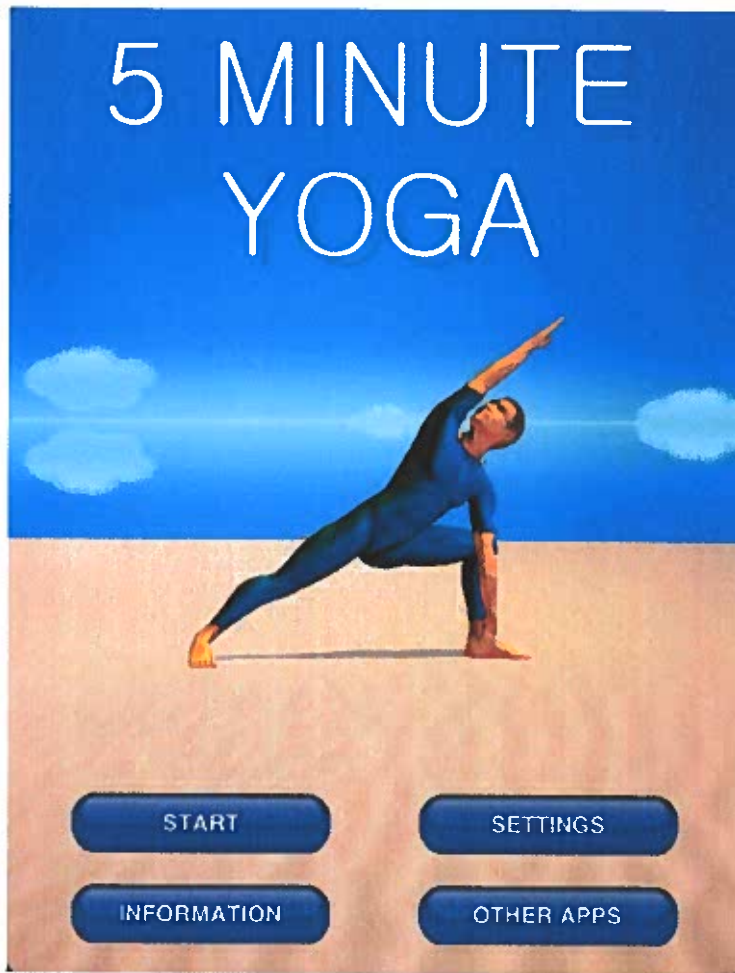
Create your Hope Box of positive experiences
and people who care about you.



Tips to help you with stress, anxiety and depression and boost your well being

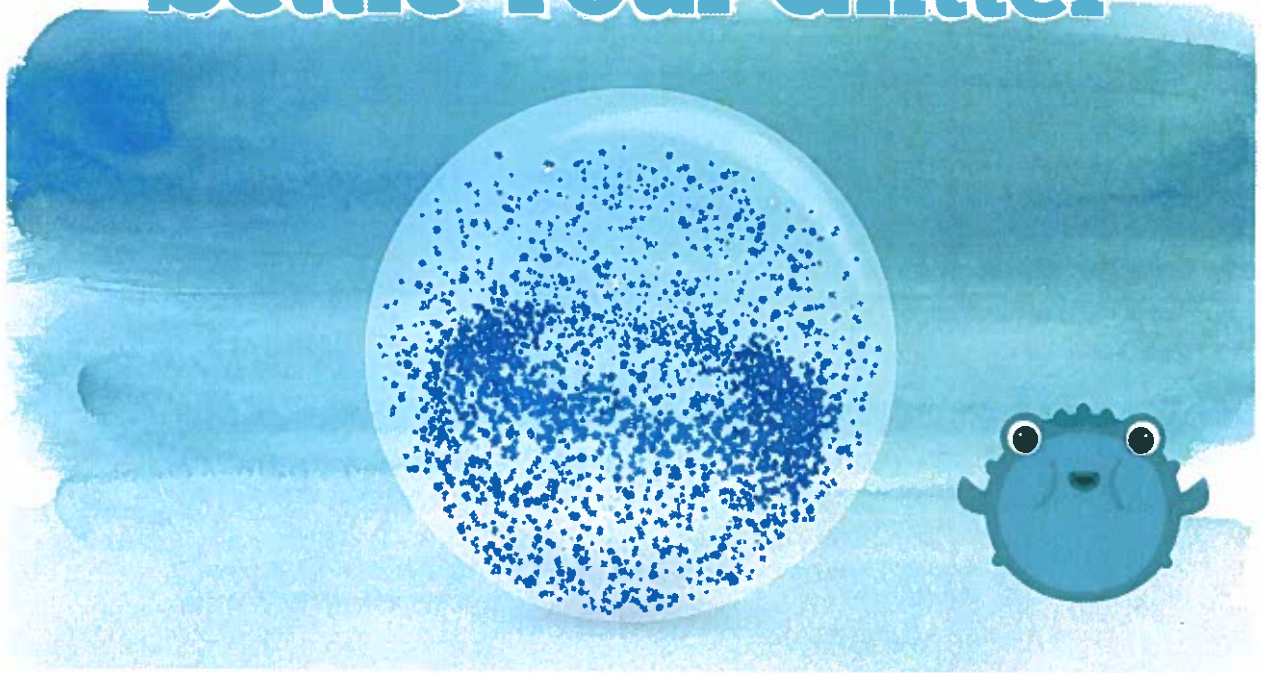


Bring balance to your life by learning how to deal with pressure, stress and life challenges



Simple, but effective yoga poses

Settle Your Glitter



Calm Down Jar!

**Use these strategies when feeling worried,
mad, sad or silly**



INSIGHT

Peace in our Timer

Guided meditations to help calm the mind,
reduce anxiety, manage stress, sleep and
improve happiness



**Increase positivity through
3 minute meditations**



10% HAPPIER
MEDITATION FOR FIDGETY SKEPTICS

Help build your meditation practice,
and stick with it



Voice-guided meditations



MindShift

Small steps. Big changes.

Designed for teens!

Manage anxiety, healthy thinking, chill out zone and taking control of your challenges



Colorfly



Unique relaxing painting experience