

# Say hello to your upgraded benefit with Headspace

Guided meditation and mindfulness exercises, plus one-on-one mental health coaching – all in the Headspace app.

- Manage feelings of depression
- Reduce stress
- Process grief
- Manage anxious thoughts
- Sleep soundly
- Relax and feel calm



Scan to get started, or visit: <https://work.headspace.com/paycor/member-enroll>

## Already a Headspace member?

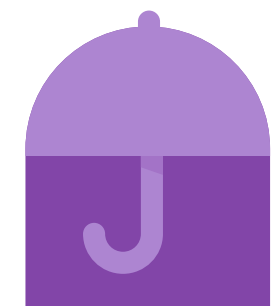
Head back to the latest version of your Headspace Care app for next steps.



Manage feelings of depression



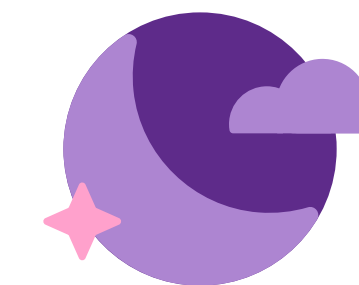
Reduce stress



Process grief



Manage anxious thoughts



Sleep soundly



Relax and feel calm

