

Evidence-based mindfulness and meditation

Transform your employees' health and happiness with Headspace's mindfulness training integrated with Virgin Pulse, so you can help your employees manage everything from stress and anxiety to focus and sleep.

Headspace for Work

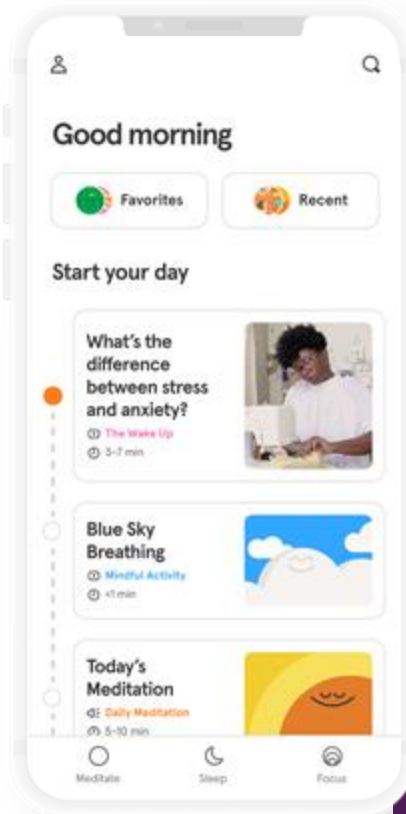
Headspace for Work, a mindfulness-based mental health benefit, creates lasting change for organizations looking to improve employee happiness and workforce performance, and cultivate a culture of mindfulness. The well-loved and science-based app offers your team access to hundreds of meditations and exercises for stress, focus, sleep, and movement. By partnering with Headspace, employers can gain insight into their workforce health and well-being, encourage healthy habit-building, and cultivate a more resilient workforce.

Backed by science

With over 40 published papers, 75 research collaborations, and a dedicated science and research team, Headspace for Work is one of the most comprehensive evidence-based digital health and wellness solutions to help employers meet the mental health needs of their workforce.

The Headspace way

- Approachable mental health benefit with 20-30% adoption, on average
- Preventative support for stress, anxiety, depression, sleep, and more
- Diverse experts and inclusive content
- Turnkey employee engagement campaigns to drive adoption
- Admin portal to manage members and measure success



Reduced Stress

32%

less stress after 30 days of Headspace ¹

Improved Focus

22%

less mind-wandering after one session of Headspace ²

29%

Decrease in depressive symptoms

19%

Decrease in anxiety symptoms

*After 8 weeks of Headspace ³

Want to learn more? Watch our [Headspace For Work overview](#).