

Be kind to your mind

Mindfulness has been shown to help people stress less, increase focus, and sleep more soundly. Meditation helps you to be more mindful — and Headspace is your personal guide, with hundreds of meditations and exercises for sleep, focus, and movement.

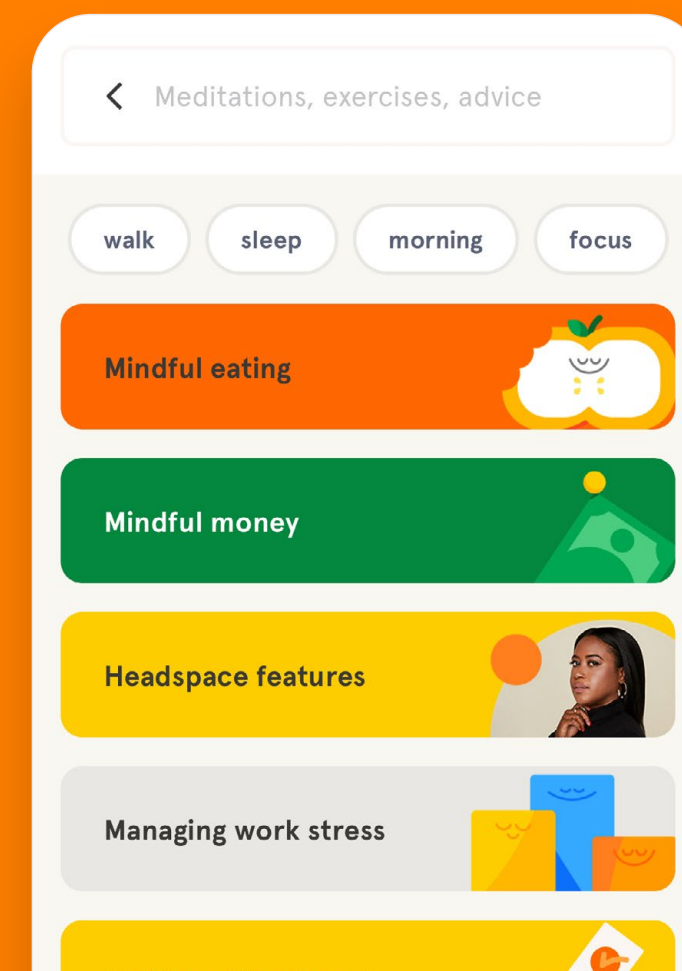
Earlier this year, Liberty launched a new partnership with Headspace. So, you have free access to the entire Headspace library.

Headspace loves science
Just 10 days of Headspace can increase happiness by 16%.

Join over 70 million
Connect with friends and over 70 million people who have downloaded the app.

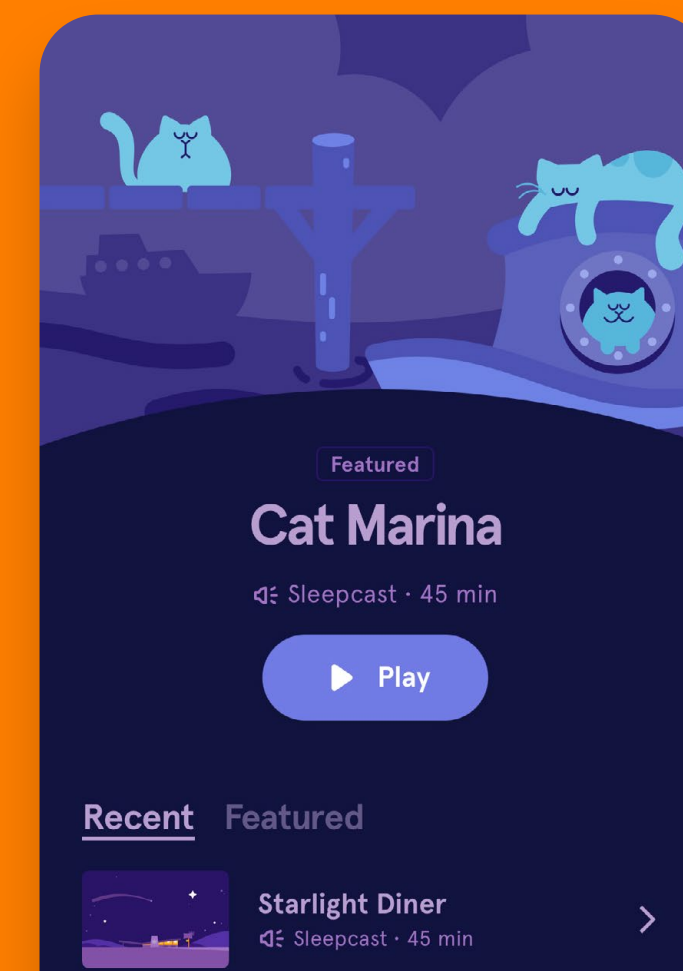
Meditation

Guided meditations on topics like stress, self-esteem, and relationships, plus meditations for kids



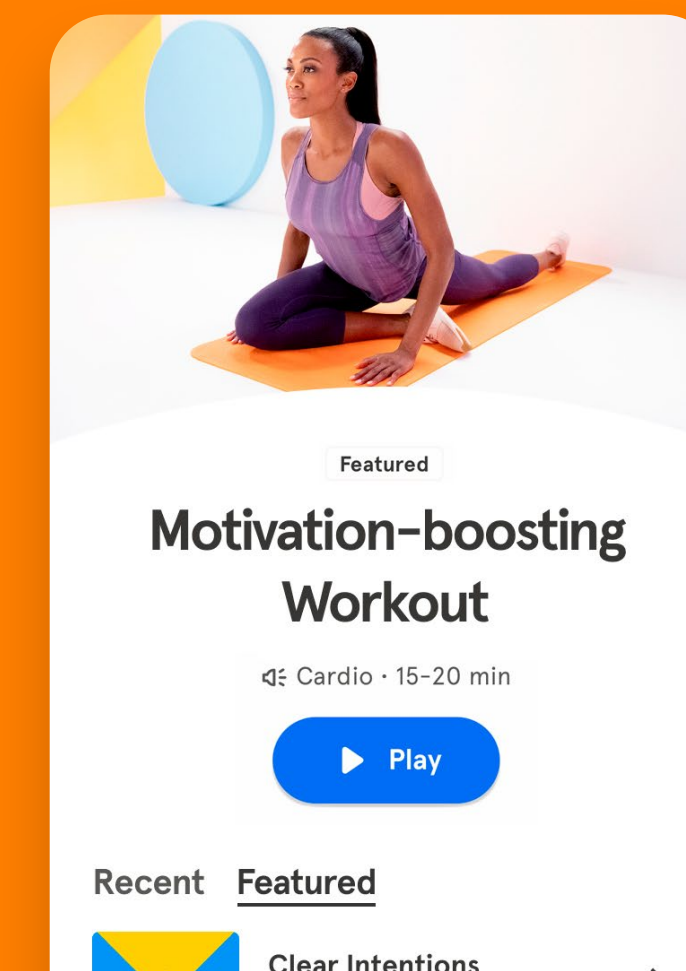
Sleep

Sleepcasts, music, and bedtime audio for restful nights



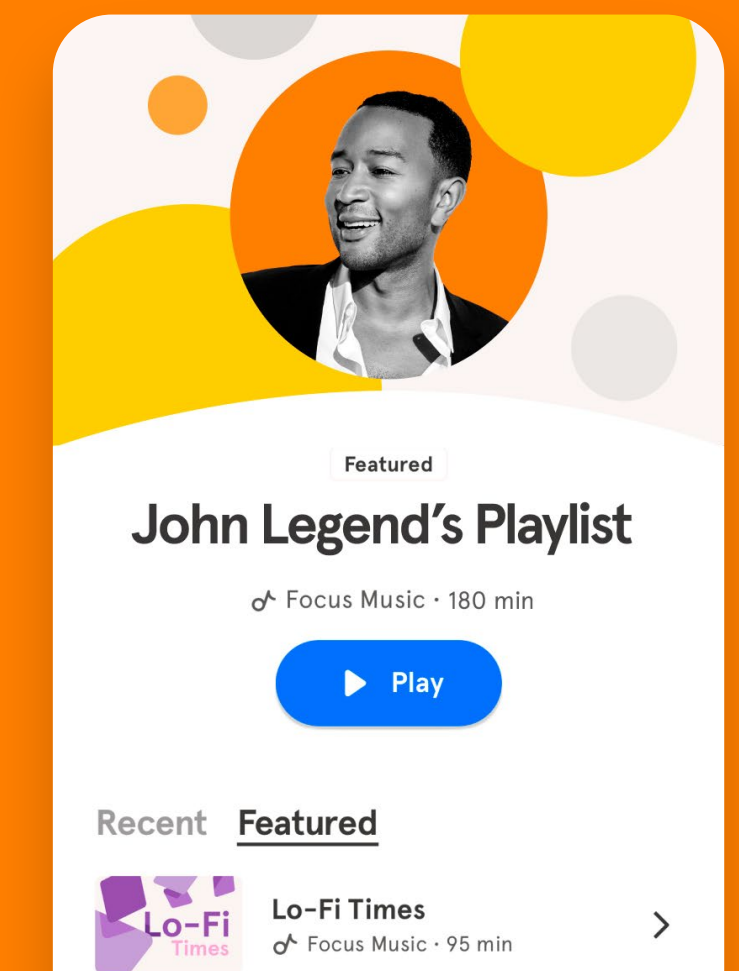
Move

Quick workouts and guided cardio for body and mind



Focus

Meditations and music to help you zoom in on what matters



Get started

Just follow these steps to sign up and start your journey. Need help? Headspace is here at teamsupport@headspace.com

1 Visit [Liberty's Enrollment Page](#)

2 Create a Headspace account or log in with an existing account and verify your Liberty email address

3 Download the Headspace app and get started

