

Headspace is here for you

There are a lot of unknowns in the world right now and most of us are feeling anxious, restless, or isolated. To help support you through this challenging time, we're offering a new collection of meditation, sleep, and movement exercises in the Headspace app called **Weathering the storm**. It's a reminder that none of us are alone in this shared experience.

Find **Weathering the storm** on the **Explore** tab of your Headspace app, and give your mind and body a break.

