

# Headspace for NMUSD Employees

All employees may now utilize *Headspace* at no cost  
Follow the instruction on back side of flyer to get started today!

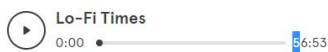
## Sleep

From waking up in the night to switching off after a long day, create the conditions for a restful night's sleep with sleepcasts, music, and other unique audio experiences.



## Focus Mode

Change the way you get things done with new meditations for working from home, along with helpful soundscapes and SOS meditations.



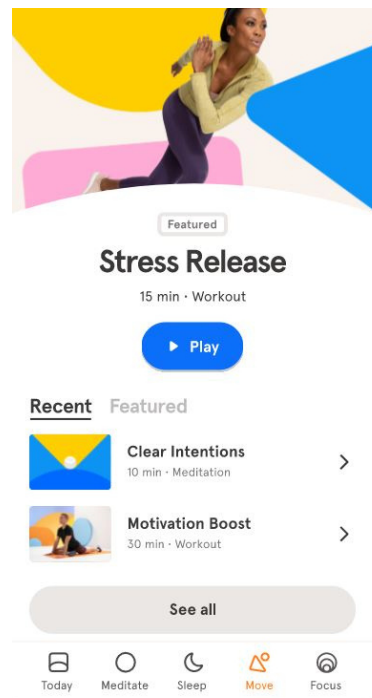
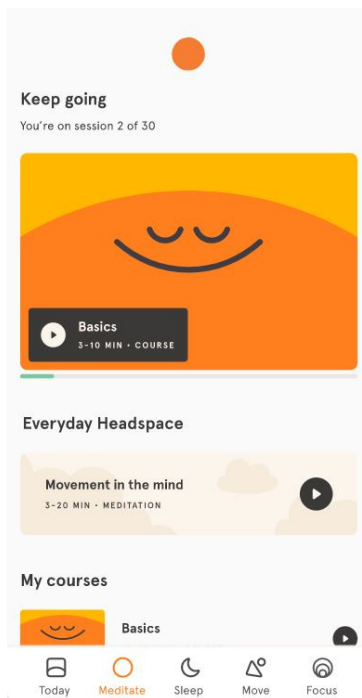
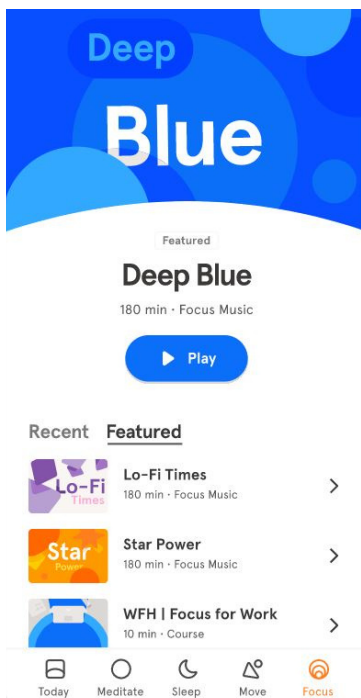
## Meditation

Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of the day.



## Move Mode\*

Train your body and your mind at the same time with exercises to strengthen your mental and physical well-being.



## Learn a mindful approach

Explore guided exercises, videos, and more to help you get healthier and happier.



## Headspace loves science

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



## Join over 60 million

Connect with friends and over 60 million people benefiting from mindfulness.

For troubleshooting and technical assistance please reach out to [teamsupport@headspace.com](mailto:teamsupport@headspace.com)

Any other questions may be directed to Troy Bacon at [wellness@nmusd.us](mailto:wellness@nmusd.us)



Newport-Mesa  
Unified School District

Wellness for Life





## Step 1: Find your school district location

- Visit <https://www.headspace.com/educators>
- Under "SELECT SCHOOL LOCATION" select "CALIFORNIA (M-R)"
- Bigger states are categorized by school districts in alphabetical order, so select the option based on the first letter of your school district. (e.g. Newport Mesa Unified School District "California (M-R)")

## Step 2: Verify your school/district email

- After selecting your state, you will be directed to a specific state landing page
- If you are new to Headspace, please sign up for a new account. If you have an existing Headspace account, navigate to "ALREADY HAVE AN ACCOUNT? LOG IN" to enter your existing Headspace credentials.
- After signing up or logging in, you will need to verify your school/district email address by entering your school email address
- You will then receive a confirmation email as a final step.

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