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Find your calm wherever you are with 1,000+ guided meditations to help you destress.

## 5-Minute Meditation for Anxiety



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Just 5 minutes a day can be life-changing for your mental health. Headspace puts everything your mind needs in the palm of your hand so you can get support anytime, anywhere.

Racing thoughts? Choose from over 1,000 guided meditations to tune back to the present. Up late? Let hours of soothing soundscapes lull you to sleep.

Our team of experts guides you through evidence-based tools to help you get through the tough times and find joy in every day.

- ☐ Stress less: Learn to navigate difficult situations and let go with expert-led courses
- 💤 Sleep soundly: Unwind with soundscapes and sleepcasts for a restful night's sleep
- 🧘 Train your mind: Practice meditation techniques to approach your day with calm and clarity
- 📍 Manage anxiety: Release daily worries and find peace by reframing your thoughts

Join over 70 million users when you sign up for a **FREE** trial of Headspace today. It's the easiest step you can take to a healthier, happier you.

**Stop. Breathe.**  
✦ **Repeat.**



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**The first step to a happier future.**

Start your free trial today.

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