



Headspace is here.

Stress less.



Managing Anxiety

10-20 MIN • COURSE

Experience anxious thoughts from a new perspective.



Letting Go of Stress

10-20 MIN • COURSE

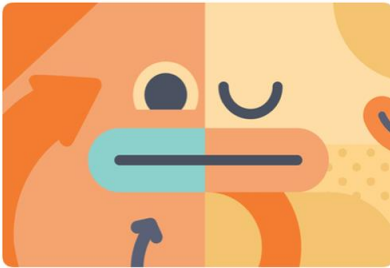
Learn to reframe negative emotions and let them go.



Stress Release

29 MIN • WORKOUT

Step away from stress and into the moment.



Navigating Change

10-20 MIN • COURSE

Train your mind to be more comfortable with change.



Feeling Overwhelmed

3 MIN • MEDITATION

Give yourself room to breathe.



Scan me

Visit [Healthworksatnestle.com](https://healthworksatnestle.com) and search "Headspace" for detailed registration instructions and eligibility OR scan the QR code with your smartphone camera.