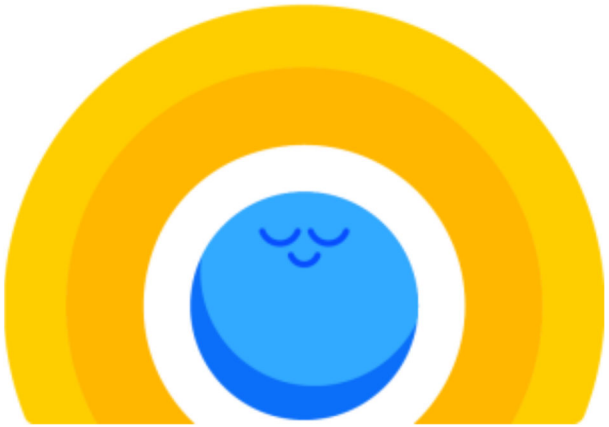
www.headspace.com/mi

Headspace is science-backed meditation and mindfulness

To the people of Michigan: staying inside isn't always easy, but Governor Whitmer and Headspace are here for you during these challenging times. Now more than ever, it's important to take care of yourselves and one another while each of us stays home and stays safe. This special collection of meditation, sleep, and movement exercises below are designed to help you keep a strong and healthy mind in the midst of this global health crisis. All Michiganders — from the shores of Lake Superior to the streets of Detroit — will get through this together.

Reduce stress in just 10 days so you can feel less overwhelmed



Boost compassion and resilience to help build greater empathy for others

Reduce negative emotions to help you navigate through tough moments