

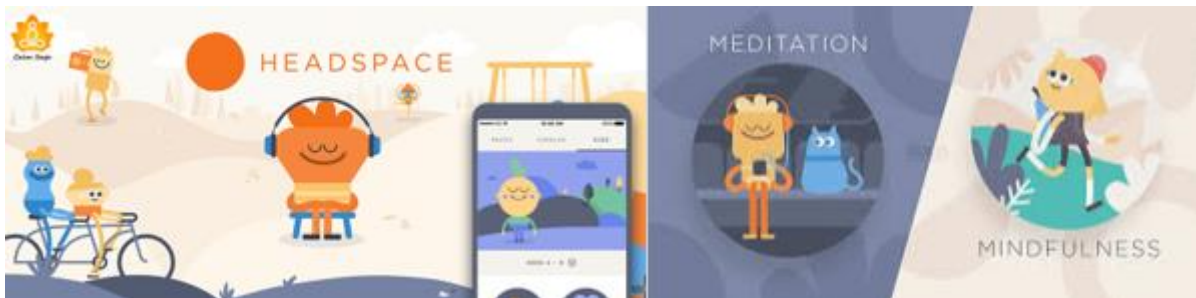


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11 June 2021

**WANT TO BECOME MORE MINDFUL?
HEADSPACE APP SUBSCRIPTIONS NOW AVAILABLE**



Want to reduce your stress levels, increase your resilience, improve your sleep quality and enjoy more energy? Then the Headspace Mindfulness App may be just what you are looking for.

Headspace is a mindfulness tool for your everyday life, designed to help you **stress less**, **move more**, and **sleep soundly**.

We have listened to your feedback and extended the Headspace Mindfulness App subscriptions to bring mindfulness to DFES employees and emergency services volunteers for another year – for **free**! Available from **Monday 14 June 2021**.

If you were previously enrolled in the Departments' Headspace program, you will need to re-enrol so you can access the App for another year.

Numbers are limited so get in quick. Click [here](#) to get started.

Interested in experiencing Headspace before enrolling? Check out the below resources to help you decide:

- Learn about the [science behind meditation and mindfulness](#)
- Try a [Virtual Meditation in Yosemite Valley with Headspace](#)
- Stressed? Learn to reframe with a [short 10-minute meditation](#)
- Fall asleep with a popular [Sleepcast: Rainday Antiques](#)

For more information please visit the dedicated Looking After Yourself page on the [Staff Intranet](#) and the [Volunteer Hub](#).

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