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HEADSPACE RELAUNCH: 10 JULY 2024



It's that time of year again: ***Thriving at DFES*** is proud to relaunch Headspace for another year, offering annual subscriptions to all DFES employees and emergency services volunteers.

Headspace is a mindfulness App for everyday life, designed to help you stress less, move more, and sleep soundly. Through evidence-based meditation and mindfulness tools, Headspace helps support your mental health and find a healthier, happier you.

Explore the wide library of content, featuring hundreds of themed mindfulness meditations in several areas:

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

Sleep: Create the conditions for a more restful night's sleep with sleepcasts, music, and other unique audio experiences in the Headspace sleep App.

Move: Train your body and mind with exercises to strengthen your mental and physical wellbeing; including yoga, cardio, dance and stretches.



Focus: Get a clearer picture of what matters most with music and meditations designed to help boost your ability to focus.

Wake up: Inspiring stories and mini meditations delivered daily to help you start your morning right.

Also included in your Headspace subscription: **The Partner Family Plan.** By signing up to Headspace with a DFES plan, you can also invite up to **five family members or friends** to join Headspace with a full subscription for **free**.

To learn more, click the following link: www.headspace.com/family/manage

Remember! If you were previously enrolled in the Department's Headspace program, you will need to re-enrol on **10 July 2024**, so you can access the App for another year.

Scan the QR to get started.



For more information, please contact the **Thriving at DFES** team on thriving@dfes.wa.gov.au or call Emily Pestell on 08 9395 9850

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