



Instructions to log into Headspace for benefits-eligible GW staff and faculty

- 1) Visit the unique [GW/Headspace webpage](#) to enroll.
- 2) Enter:
 - a. First Name
 - b. Last Name
 - c. @gwu.edu email address
 - d. Create your own unique password
 - e. Select “Sign Up”

1 Log in 2 Verify 3 Finish Sign Out English

Join Headspace

Get Headspace for free, sponsored by The George Washington University

- ✓ 1000+ hours of mindfulness and sleep content
- ✓ Mini exercises for busy schedules
- ✓ Proven to reduce stress in just 10 days

Sign up

ALREADY HAVE AN ACCOUNT? [LOG IN](#)

First name

Last name

Email address

Password (8+ characters)

SIGN UP

- 3) The next screen will prompt you to re-enter your @gwu.edu email.
- 4) After entering your email, you will receive a message that says “Verification sent! Check your email to proceed.”

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Verify you're on the team

Enter your email below, and we'll send you a verification email.

kcardamone@gwu.edu
Your Headspace account

+

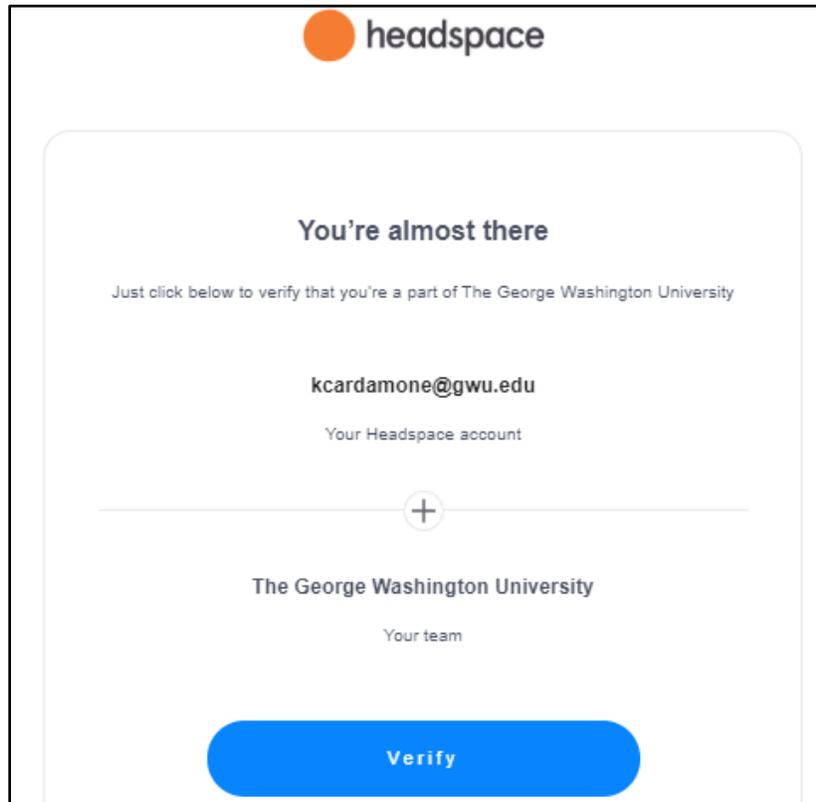
kcardamone@gwu.edu

Verification sent!
The email you use for The George Washington University

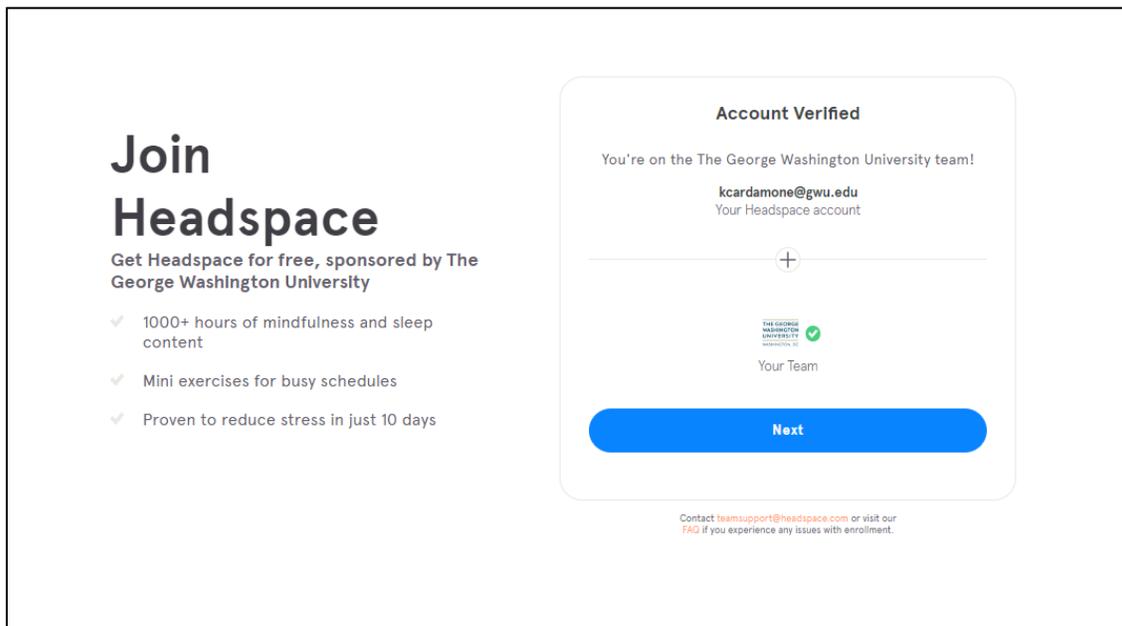
Check your email to proceed

Contact teamsupport@headspace.com or visit our [FAQ](#) if you experience any issues with enrollment.

- 5) Return to your @gwu.edu inbox to check for your verification email. Click the blue Verify button embedded in the email.



- 6) After clicking verify, you will be taken to a browser that says "Account Verified." Click **Next**.



- 7) The next screen will present two options for downloading the Headspace to a device, such as a tablet or phone via the App Store or Google Play. You may also use Headspace on a desktop by logging in at headspace.com/login.

Your @gwu.edu email and unique password should be used where ever to choose to access Headspace in order to have free access to the app. We hope Headspace allows you to enjoy a mindful break for a more calm, focused and productive day.

