

Your Mindfulness Challenge is Underway



The George Washington University Mindfulness Challenge starts May 13. Over the next 3 weeks through June 2, The George Washington University employees are challenged to work together to complete 3000 mindfulness sessions in the Headspace app.

We'll be here to cheer you on throughout the Mindfulness Challenge.

Remember, any mindfulness course counts, but here's a few to get you started:



Sleep

Create the conditions you need for restful sleep.

[Get started »](#)

Basics



Live healthier and happier.

[Get started »](#)



Guide to Focus

Learn new tools for mastering your attention.

[Get started »](#)

Have questions?

Please visit the [Headspace Help Center](#), the [FAQs](#), or email us at teamsupport@headspace.com. Our team can answer questions about your account or help you with your meditation practice.



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