



# Manage money, mindfully.

Headspace is here to help you navigate financial ups and downs.

For most of us, money is one of the biggest stressors in our lives. From planning a budget to dealing with debt, it can be tough to manage finances and all the feelings that come with it. Money is overwhelming, and you are not alone in the anxiety you're experiencing. Be gentle with yourself as you navigate this topic, and remember, self-compassion is key.

For tools and resources specifically related to financial wellness, search for resources in the app. We're here for you, no matter what you're going through.

Speak to your HR or benefits manager to learn how to sign up for your Headspace benefit. ✨