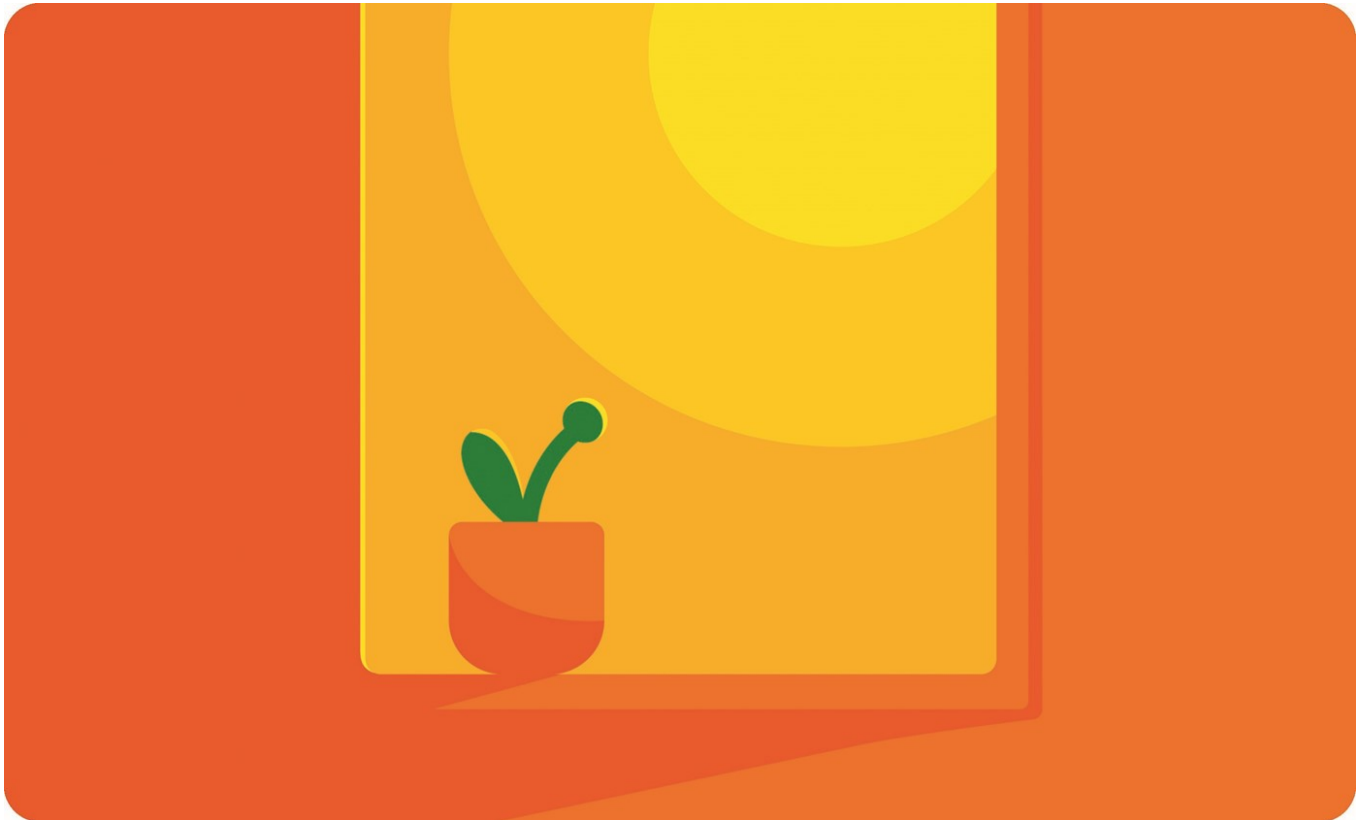




## **Build mental strength with a free subscription to HeadSpace**



### **Research shows that resilience helps us bounce back from difficult times**

**Find your strength with HeadSpace's science-backed meditations,  
sleepcasts, movement, and expert tips.**

The best part? University of Manchester  
students get it all for free!

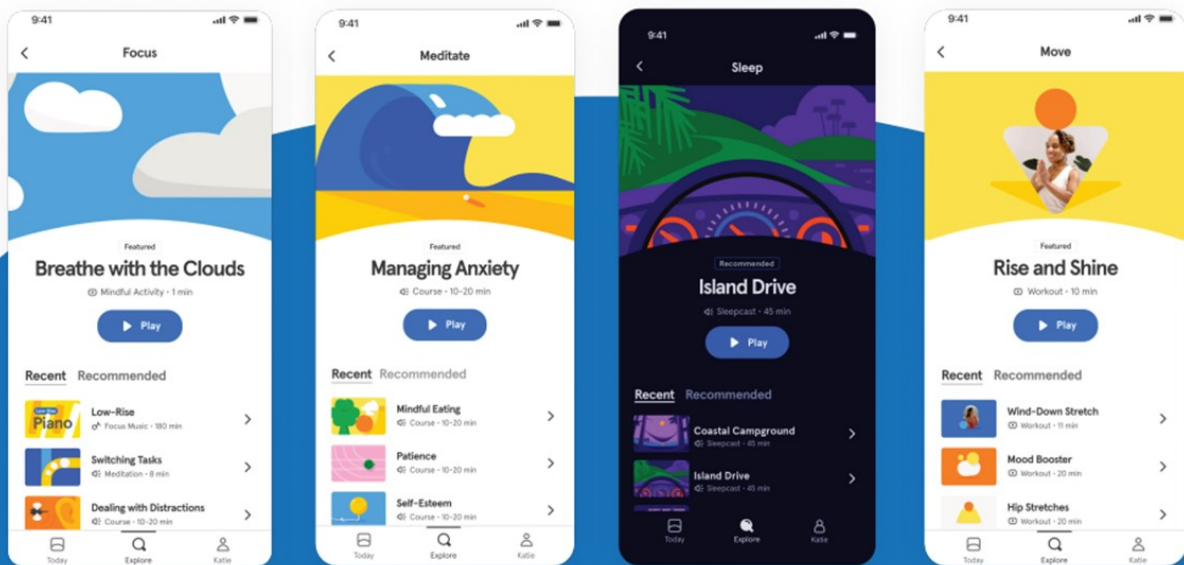
Scan the QR code for the Students' Union  
Advice Service contact form.

Complete the form and tell the team you'd  
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Find a happier, healthier you with a free subscription to Headspace

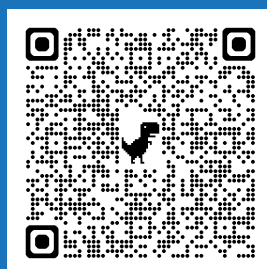


**It's meditation made simple**

With hundreds of guided exercises for meditation, sleep, focus, and movement, Headspace will help you start and end the day feeling like your best self.

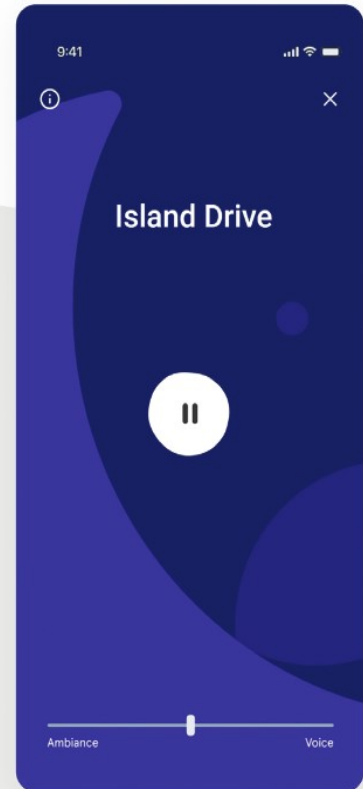
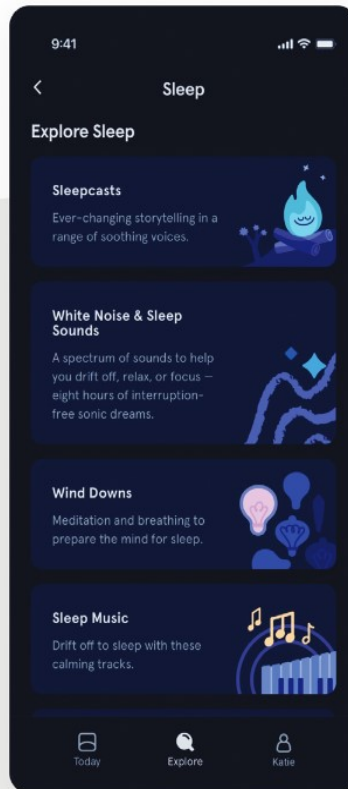
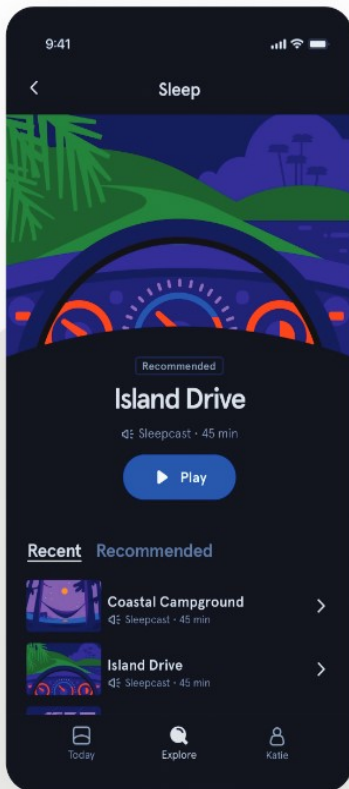
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# Drift off with a free subscription to Headspace



A good night's sleep  
is sublime

Sweet dreams don't always come easy. Whether you struggle to fall asleep or stay asleep, Headspace offers sleep meditation, wind downs, sleep music, and sleepcasts to put your mind to bed.

The best part? University of Manchester students get it all for free!

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