

Support your team with Headspace



For the workplace, use these tips to guide yourself and your team. Even in feelings of stress and uncertainty, we're never alone.

Find our recommended exercises mentioned below in the Headspace app.

If you're feeling ...

Stressed

Acknowledge that this situation is outside of your control and that what you're feeling right now is natural. Try to take each day as it comes, and stay focused on the present as much as possible.

Try this: When you notice that you're distracted or caught up in negative thought patterns, gently note these feelings and come back to your breath. Doing this throughout the day can really help to calm the mind and slow down racing thoughts.

[Recommended exercise: Stressed Meditation](#)

Anxious

Anxiety and worry are completely appropriate reactions to this moment. Remember that you're not alone in these feelings – we're living through this shared human experience together, and our current situation won't last forever.

Try this: When we feel overwhelmed, moving the body is a great way to channel that energy. In moving our bodies, we're getting out of our minds and focusing on physical sensations.

There are lots of walking meditations in the Headspace app: If you can, go for a walk outside with [Walking in Nature](#). If you need to stay home, try [Walking at Home](#) to enjoy your space in a new way.

[Recommended exercise: Walking Meditations](#)

Overwhelmed

Be mindful of the amount of news you're watching, as it can increase levels of fear and worry. Staying updated is important, but it's OK to give yourself a break.

Try this: A regular meditation practice gives us the skills to tackle challenging situations with clarity. But in these moments of intense anxiety, it's helpful to pause and take a few deep breaths to ground yourself. Try an [SOS meditation](#) for guidance through these moments.

[Recommended exercise: SOS - Feeling Overwhelmed](#)

If you're feeling ...

Lonely

Many people are feeling isolated right now as they get used to working away from their teams. Recognize that you are not alone in your loneliness.

Look for ways to connect with co-workers, family, and friends online or over the phone. And be patient – socializing with distance has a learning curve.

Try this: Being alone is challenging, but try using it as a way to connect with yourself. This moment presents an opportunity to get comfortable with ourselves on our own. Gentle exercise can also help you step out of your mind and feel present in your body – we recommend our Restorative Workout for stretching muscles and restoring joint function after long periods of sitting.

[Recommended exercise: Restorative Workout](#)

Uncertain

It's no surprise if you're feeling a bit unsettled. Take a moment to remember that even though life usually feels fixed, you've been through change before. Think back to an uncertain time and recognize that you made it through.

Try this: It takes time and practice to get comfortable with uncertainty – not knowing what's coming next, not expecting a certain outcome, but just allowing the situation to unfold. Be kind to yourself as you get used to navigating change and practice acceptance through meditation.

[Recommended exercise: Navigating Change Course](#)

Restless

Staying at home more often is a major adjustment for a lot of us. It's natural that you might be feeling more restless or antsy, or even have trouble sleeping. Doing some simple, gentle exercises during the day helps to release tension in both the body and mind.

Try this: Feelings of restlessness can impact your sleep schedule. Try to limit your consumption of news to specific times of the day and avoid it altogether at bedtime – it'll only stimulate your mind further. Instead, set yourself up for a good night's sleep with our soothing collection of sleep exercises.

[Recommended exercise: Sleep Music - Doze](#)

Distracted

A transition to working from home might take some getting used to. Don't be hard on yourself for needing time to adjust. Setting clear boundaries with your team is key to making time for you, your family, and your work.

Try this: Scheduling short breaks in your calendar creates boundaries in your day, and using this time for a short meditation can help you reset and refocus your mind.

Working and parenting at the same time? Invite your kids to meditate, too.

[Recommended exercise: Focus Mini](#)