



Headspace for Tritons is here!

The popular mindfulness app and all its upgraded "Plus" features, is now FREE for registered UC San Diego students!



- ALL Headspace Plus features UNLOCKED for Tritons
- Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness, and more.
- Find out what mindfulness can do for you in just 3 minutes a day. Use anywhere, anytime.
- Reduce stress and increase resilience. Start meditating today!

Sign up at:

<https://caps.ucsd.edu/iflourish>

The Headspace App includes:



✓ 1000+ hours of mindfulness and sleep meditations



✓ Mini exercises for busy schedules



✓ Content proven to reduce stress in just 10 days



Scan here to learn more!