

# Be kind to your mind

## Headspace loves science

Just 10 days of Headspace resulted in a 14% decrease in stress. 30 days resulted in a 32% decrease in stress.

## Join over 70 million

Connect with your coworkers and over 70 million people who have downloaded the app.



Mindfulness has been shown to help people stress less, increase focus, and sleep more soundly. Meditation helps you to be more mindful -- and Headspace is your personal guide, with hundreds of meditations and exercises for sleep, focus, and movement.

Sysco is proud to partner with Headspace and provide employees access to the full library for free. Check out all that Headspace has to offer below, and keep an eye out for enrollment instructions, going live January 2023!

**Meditate**  
Guided meditations on topics like stress, self-esteem, and relationships, plus meditations for kids

**Move**  
Quick workouts and guided cardio for body and mind

**Sleep**  
Sleepcasts, music, and bedtime audio for restful nights

**Focus**  
Meditations and music to help you zoom in on what matters

