

Dear colleagues in the MSF office and in the field,

The Staff Health Unit (SHU) would like to introduce a tool called 'HEADSPACE'.

**We all know different ways to reduce our stress.** Staying physically healthy, taking some time off, doing things we enjoy such as exercise, are just some of the many examples. These are very useful tools to keep our minds fit, to be able to deal with the tough situations and also to prevent you from becoming too stressed.

**Another way to train your mind to cope with stress is through 'mindful meditation'. This is meditation combined with a strong focus on the 'here and**

Meditation is a thousand-year-old practice that is used in many different ways diverse cultures to live a balanced and less stressful life. Many of you practice meditation already. It helps you to understand yourself and to take care of yourself by being mindful: learning to focus on what your mind and body are 'here and now'. Being mindful only takes a little practice and a couple of minutes per day can make a big difference.



**now'.**  
in

doing

**It is scientifically proven that mindful meditation can help deal with stress.** We know that these techniques can help you to deal with stress, improve your focus and can have a positive effect on your life in general. This is why mindfulness and meditation techniques are already used regularly by the PSCU.

**To help you practice mindful meditation MSF has teamed up with an organisation called Headspace to offer free mindful meditation sessions online.** Perhaps you have always wanted to try meditation, but didn't know how to start. Now you can!

**Headspace is an app that you can download to your personal smartphone or stream on your computer. Subscription is FREE for all MSF employees (office, expatriate & national staff)! Follow the 3 easy steps.**

**Step 1:** You'll need to fill out this form to notify the MSF administrators that you are interested in redeeming access: <https://tinyurl.com/yd5u7gac>. Please use your private email to register with Headspace. It is confidential and GDPR compliant.

**Step 2:** When you submit the above form the Administrator from the SHU - Psychosocial team is notified. They will now inform Headspace of your eligibility. This process can take up to one month (but usually less). You will receive an email from the Administrator notifying you when you are eligible. As soon as you are eligible your email address will be deleted from the MSF form.

**Step 3:** Once you receive the email please fill in your email that you registered at the website. [work.headspace.com/msf/member-enroll](http://work.headspace.com/msf/member-enroll)

**Step 4:** Enjoy

Additional information:

- ✓ Can be used on all Android/ Apple phones except, unfortunately, Windows phones (MSF Nokia e.g.)
- ✓ You can access your account and stream Headspace online on your desktop.
- ✓ Your subscription is between you & Headspace. MSF only provides the discount code. Use your personal contact details to subscribe. For any assistance contact the Headspace helpdesk.
- ✓ Headspace collects anonymised product usage data that is stored on USA servers. Check their Terms & Conditions <https://www.headspace.com/terms-andconditions> and Privacy Policy <https://www.headspace.com/privacy-policy> to be fully informed.
- ✓ MSF does not have access to the Headspace data.
- ✓ Only available in English.

