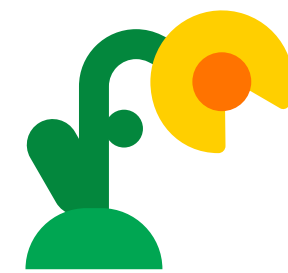


# Care for your mind

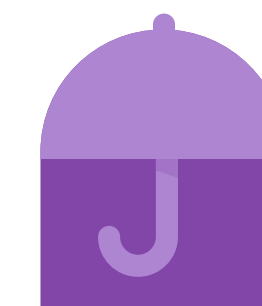
Headspace helps you feel like your best self — no matter what life may bring. You have access to meditation, mindfulness, mental health coaching, clinical care, and resources to balance work and life.



Manage feelings  
of depression



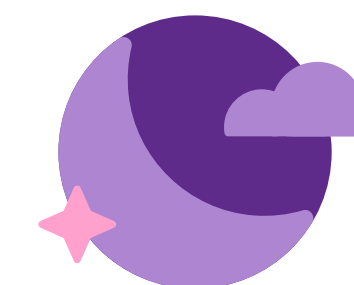
Reduce stress



Process grief



Manage anxious  
thoughts



Sleep soundly



Relax and feel  
calm



Scan to get started, or visit:

<https://work.headspace.com/oldnational/member-enroll>

