



World events can sometimes leave us feeling powerless. We know this isn't an issue that an app on your phone can solve.

But we also know that people who may be sick, whose loved ones are at risk, or who are anxious about all the uncertainty, need whatever support they can get.

For the next few months, there will be a **free section** in the app called **Weathering the storm**, available to everyone. It includes meditation, sleep, and movement exercises designed to help guide you through this. It's our small way of helping you find some space and kindness for yourself, and those around you.

It's unlocked now in the Headspace app. If you need us, we're here for you.

<https://www.headspace.com/>

If you have any questions, please email us at help@headspace.com or visit our **FAQs**. You can also chat with a real live human during our operating hours. They can answer questions about your account or help you with your meditation practice.