

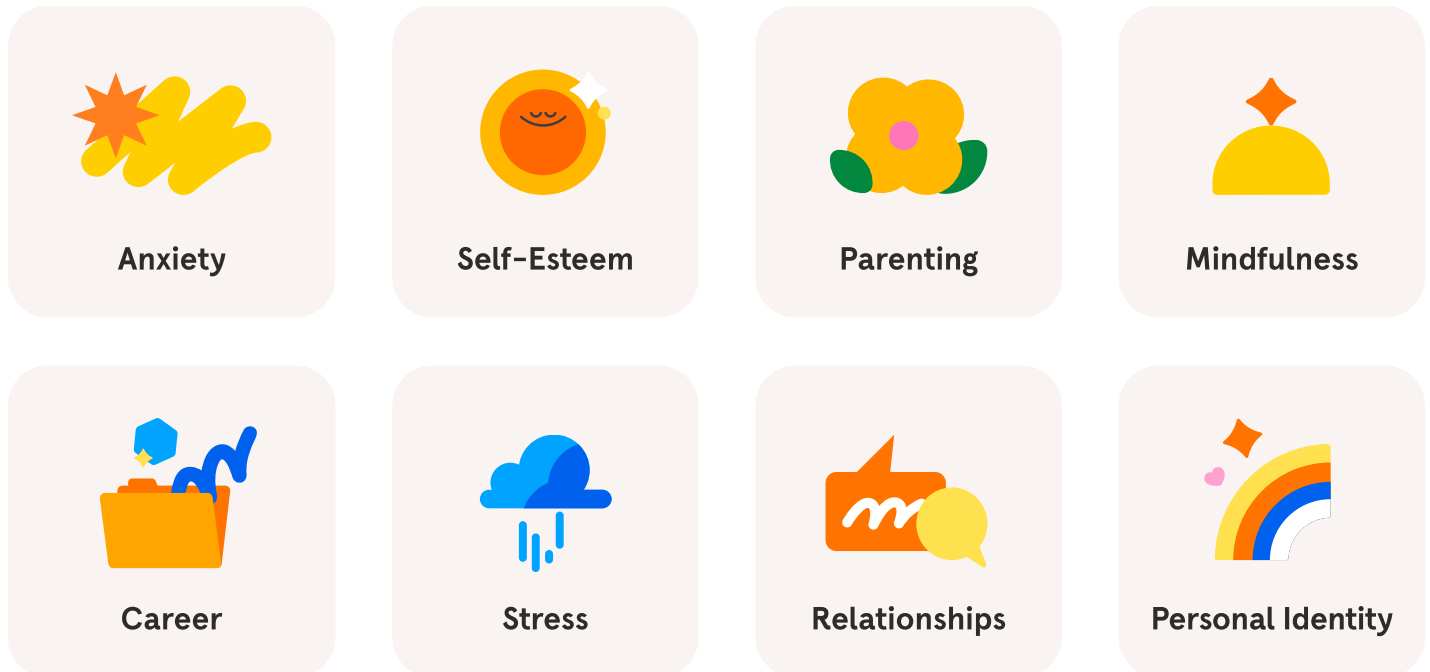
Skill-building resources

Headspace Care has a library of more than 200 evidence-based, skill-building resources offering tips, tools, and guidance – activities, articles, videos, and podcasts to help you develop new life skills to maintain good mental health.

Each activity takes an average of five minutes to complete and topics include productivity, mindfulness, stress, relationships, self-esteem, personal identity, career, and more.

Coaches may assign you activities as part of your care plan and can track your progress. Along with your coach's suggestions, Headspace Care may recommend content based on what you share during your intake process. The library is always open for you to engage with any content whenever you need it.

Explore the library



200+ activities & growing

Our team of coaches and clinicians constantly adds new, relevant content that supports a variety of needs.

Easy to use

Resources can be accessed any time, anywhere. They are quick to complete, averaging 5 minutes per activity.

