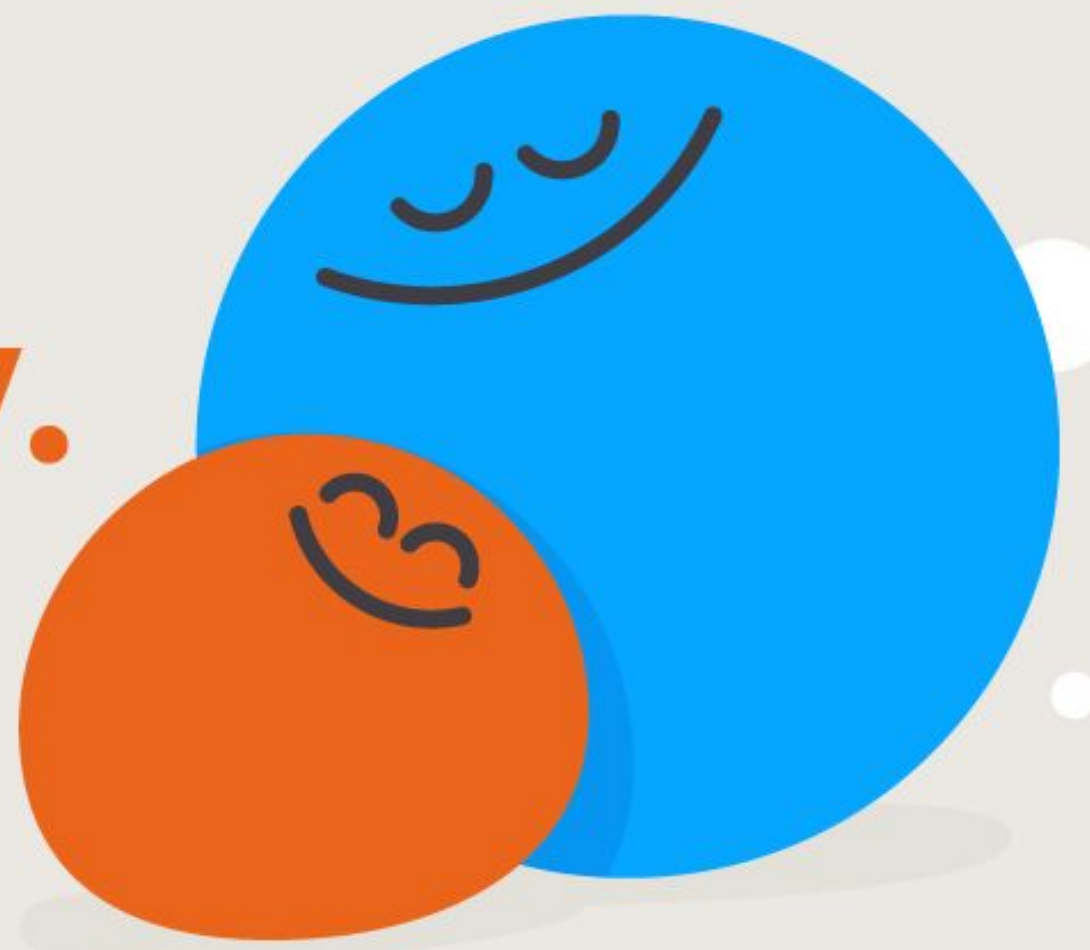


# Happier mind. Happier holiday.



The end of the year can be joyful, stressful, or somewhere in-between. Delayed flight? Stressed about hosting this year? Missing your people? Taking a moment to reflect? Whatever you may need support with, Headspace is here to help you be kinder to your mind. MIIA is proud to partner with Headspace to provide access to their full library of resources to all MIIA Blue Cross subscribers + up to 2 dependents – for free.

## Sign up today.

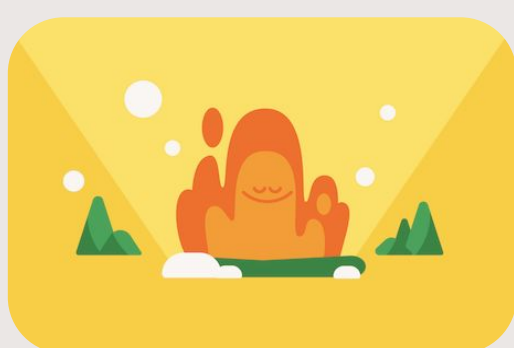
Visit the link below or scan the QR code:

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



## Already signed up?

Check out these resources to support your wellbeing as we approach the holiday season and end of the year. Simply search “holidays” into the Explore page in your Headspace app.



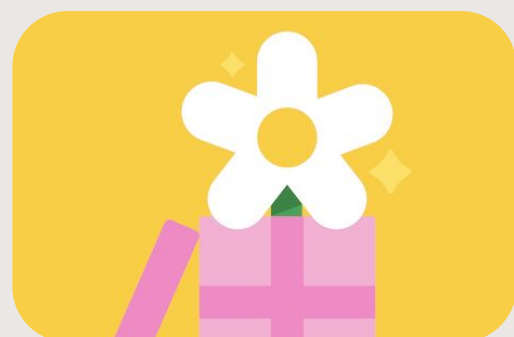
### Holiday Gratitude Practice

Learn to meet your experiences with a feeling of spaciousness and gratitude.



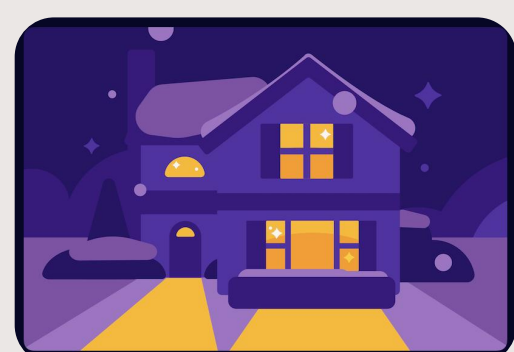
### Holiday Perfectionism

Let go of any judgments or criticisms to create a feeling of spaciousness and acceptance with this mindful journaling exercise.



### Giving Plants as Gifts

Whether you’re propagating or gifting a new plant, both you and the receiver will walk away knowing your gift will grow long after the holidays.



### Sleepcast: Holiday Chalet

Cozy up inside a beautiful alpine chalet aglow for the holidays. Narrated by Helen.

If you have any questions, please email us at [teamsupport@headspace.com](mailto:teamsupport@headspace.com) or visit our [Help Center](#). Our Member Experience team can help you enroll in your organization’s Headspace program and can answer questions about