



Find your balance

One breath at a time



As the end of summer approaches, it is normal to lose momentum with the habits we started in January. Luckily, it is always a good time to pick up healthy routines again. Consider this a sign to slow down and rediscover your balance with some grounding activities. Your mind will thank you.

Rediscover your balance with some grounding activities:

- [Finding Balance](#)
- [Seated Stretch Break](#)
- [Restore](#)

**Note that in-app activities can only be accessed via your smartphone. If the links are accessed via desktop, you will need to Log In to your Headspace account to view the activities.*

Click the link or scan the QR code to enroll in Headspace for more balance-related resources:

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



Have a question? Email teamsupport@headspace.com