

1. Description?

- Headspace** is one of the most downloaded meditation **apps** worldwide. The app is intended for people who have little or no experience with meditating. After all, it makes meditating very concrete and practical. As the name puts it, Headspace is a way to get space in your head through supervised meditation.

2. For whom and why?

- Headspace is interesting for all students, especially for students with mental problems and/or stress. Use of Headspace has several positive effects:
 - Reducing depression** | Scientific [research](#) shows that Headspace can reduce depression and promote positive emotions. The use of the app generally leads to a decrease in stress levels.
 - Better concentration** | The use of Headspace increases effectiveness in work and/or study and the ability to focus and concentrate.
 - Please note** | Headspace is not a substitute for mental health care but is rather a supplement to this.

3. How does it work?

- Headspace offers a variety of functionalities:
 - Beginner course** | A free beginner course (ten 10-minute sessions) will guide you through the meditation process and provide you with good basis knowledge and skills.

- Follow-up course** | After the free beginner course, you can choose from other courses that Headspace offers, such as the Managing Anxiety course or the Balance course (paying).
- Information videos** | You'll also get access to short animation videos that demonstrate the influence of meditation on the functioning of the brain.
- Logbook** | Within the app, you can easily see how many hours you've already meditated and how many days you've used the app. You can also share this information with friends.

4. Pricing

- The first ten meditation sessions from the beginner course are **free**. After this, Headspace is **paying**, you can choose a monthly subscription, annual subscription or a family plan.

5. Language

- Headspace is available in English.

6. Type and platform

- Headspace is an **application**, available for **smartphones** running on **Android** and **iOS**. You can also use Headspace via your **computer** and/or **tablet**.

7. More information?

- [More information about Headspace can be found in this video.](#)