




# Mental Health Services

K2-102 Health Services

619-388-7881

Mental Health Counselors:  
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# Headspace is here. Science- backed meditation.

Backed by over 20 published studies, Headspace meditations have been shown to reduce stress, increase happiness, and improve focus in as little as 10 days.

Enrolled Students Sign-up here FREE:

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

Need help?



[teamsupport@headspace.com](mailto:teamsupport@headspace.com)

Free to enrolled SD Miramar students while supplies last with miramar email address.



SAN DIEGO  
MIRAMAR  
COLLEGE | MENTAL HEALTH  
COUNSELING

 **headspace**

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- Guided meditation
  - Soundscapes
  - Music
  - Courses
  - Educational videos
  - Sleep stories
  - Guided physical movement
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# Benefits of Mindfulness

"The hype around mindfulness meditation is real. People who incorporate it into their lives often report heightened levels of happiness, patience, acceptance, and compassion, as well as lower levels of stress, frustration, and sadness. There's plenty of research, too: Separate studies conducted by Northeastern University found that 3 weeks of Headspace [increased compassion by 23%](#) and [reduced aggression by 57%](#). What's more, another study with students found that 10 days of Headspace [increased positivity and well-being](#). And yet another — an internal study that was published in top mindfulness journal [PLOS ONE](#) — found that 10 days of Headspace [reduced stress by 14%](#)." -Headspace.com

## How it Works



# How to Activate



**Visit:** [Headspace](#) to sign up or **scan the QR code**

When prompted, choose **“No, I do not have an account”** and sign up for a new account, following the prompts.

Enter your eligible email ([sdccd.edu](#), [student.sdccd.edu](#)) - you will then receive a link to activate the subscription

Click the “Verify” button in the activation email to activate your new membership

Please note: If you are unable to enroll using the steps above, please clear the cache by following the steps [HERE](#).

If you have any issues with accessing the app for free, email Julia Kamp at [jkamp@sdccd.edu](mailto:jkamp@sdccd.edu) and/or [teamsupport@headspace.com](mailto:teamsupport@headspace.com).



Let's Practice!

# Grounding Exercise for Racing Minds





# Mental Health Canvas Shell & Instagram

- ➔ <https://sdccd.instructure.com/enroll/8Y7966>
- ➔ Mental Health updates
- ➔ Resources
- ➔ Blog posts
- ➔ Upcoming events & workshops
- ➔ Instagram: @sdmiramarmhc



# LivingWorks

- **Interactive 60-90 minute training on Suicide Prevention**
  - Includes videos, simulations, exercises
- **Asking/talking about suicidal thoughts does NOT make them worse! Mostly people feel relieved to be able to talk about it.**

Powerful, intuitive  
skill-building model

