Sign up process with a new Headspace account

(skip to page 4 if you have an existing Headspace account)

1)This is the screen you will see after clicking the enrollment link. Click No, Create a New Account.



2) Enter your first and last name, email address, and create a password. Click Create an account. This will be your Headspace login information.

St. Louis County Library	1 2 3 Log in Verify Finish	Sign Out English ✓
	Sign up	
Join	First name	
	Last name	
Headspace	Email address	
Get Headspace for free, sponsored by St. Louis County Library I000+ hours of mindfulness and sleep content Mini exercises for busy schedules	Password (8+ characters) By continuing, you agree to Headspace's <u>Terms &</u> <u>Conditions</u> and <u>Privacy Policy</u>	<u>R</u>
 Proven to reduce stress in just 10 day 	CREATE AN ACCOUNT	Ţ

3) Enter an email address for Headspace to send a verification email. Be sure to enter an email address that you can check. Click Send verification email.



4) Go to your email inbox. You should have an email titled "Activate your Headspace Plus Membership". Open that email and click Verify.

	You're almost there
J	Just click below to verify that you're a part of St. Louis County Library
	Your email address
	Your Headspace account
	+
	St. Louis County Library
	Your team
	Verify
	Please keep in mind that this link is only valid for 24 hours. If the link has expired, please go here to complete the enrollment process.

5) This will bring you back to the Headspace login page. Enter the same email and password you entered in step 2 and click Log In.



6) You'll see that your account is verified. Click Next.

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7) At this point, you can choose to download the Headspace app (at no cost) for a better experience, or click Headspace for Desktop to continue using it in the browser.

Signing Up if you already have an existing Headspace account



2) Enter the email address and password you have used previously to log in to Headspace.

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 Mini exercises for busy schedules 	LOG IN	
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	By continuing, you agree to Headspace's Terms &	

From here the verification process is the same as for those who created a new Headspace account.