



**FREE ACCESS  
TO HEADSPACE  
FOR SERVING RAF  
PERSONNEL**

Do you want to feel happier day-to-day, improve your focus and cope better with life's stresses?

The RAF Benevolent Fund wants to support the wellbeing of all serving RAF personnel and is funding free membership to Headspace, an online training tool which helps to improve mental wellbeing.

**WHAT IS HEADSPACE?**

Headspace is a 'gym membership for the mind' providing access to guided mindfulness exercises, delivered straight to your phone or browser, in bite-sized 10-minute sessions – perfect for busy schedules. You can choose different exercises that focus on specific areas such as sport, health or happiness. Research has shown that participants begin to experience the benefits of mindfulness after using it for just 10 minutes a day for 10 days.

**WHAT IS MINDFULNESS?**

Mindfulness trains your brain to pay more attention to the present moment – your thoughts, feelings, environment and the world around you. It enables you to be fully present and aware in day-to-day life and when practised regularly, has been found to have a variety of benefits.

**WHAT ARE THE BENEFITS OF MINDFULNESS?**

Mindfulness has been shown to have a positive impact on mood and mental wellbeing – increasing levels of happiness and reducing levels of stress, anxiety and depression – as well as improving health, relationships and sleep quality.

To sign up, please email [headspace@rafbf.org.uk](mailto:headspace@rafbf.org.uk) quoting your service number. For further information call **020 7307 3337**.

**Participation in this programme is completely confidential.  
Limited memberships available**



**Royal Air Force  
Benevolent Fund**



HEADSPACE