



## Announcing the **TEN PERCENT HAPPIER APP**

Harvard University now offers benefits-eligible faculty and staff free access to the Ten Percent Happier mindfulness app. It's one more useful resource to complement Harvard's many in-person and virtual mindfulness classes.

### **THE BASICS**

New to meditation? Get fidgety just thinking about it? Let expert teachers walk you through the basics, one breath at a time.

### **STRESS**

Life can be stressful – but meditation is scientifically proven to lower your stress levels. Even brief exercises can help you stay grounded when chaos reigns.

### **HAPPINESS**

It's possible to increase your capacity for joy, gratitude, and love, no magical thinking required. Regular meditation can actually help you enjoy your life more.

### **SLEEP**

Sleep meditations can help you quiet your mind at the end of a long day, so you can get to sleep without struggling and wake up refreshed.

### **AND MUCH MORE.**

### **WHY A MINDFULNESS APP?**

Maybe you've already found mindfulness to be an effective and accessible approach to coping with stress, distraction, and anxiety. Maybe you're eager to try it out. You might just be a curious skeptic. Whoever you are, the Ten Percent Happier app can help you discover, evaluate, establish, renew, or grow your mindfulness practice. And you can carry the app with you, anywhere.

### **WHAT DOES THE APP OFFER?**

You'll have unlimited access to topic-focused meditations, talks, daily features – even personal coaches. You can jump right in to over 350 guided meditations, or you can start at the beginning and let some of the world's leading experts teach you the basics. The app offers a variety of approaches so you can find the best approach for you.

### **HOW DO I GET THE APP?**

Just download the Ten Percent Happier app from your app store. Your Harvard email address should confirm your eligibility for free and full access. Follow the [Instructions](#) on how to download and activate and see our [Frequently Asked Questions](#) for more information.



TEN  
PERCENT  
HAPPIER

Learn more about Mindfulness on HARVie:  
<https://hr.harvard.edu/ten-percent-happier-app>

