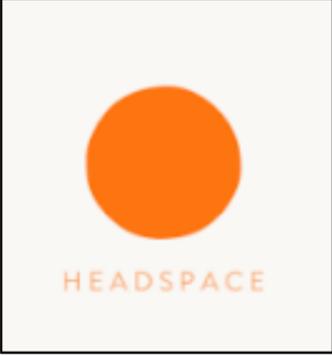
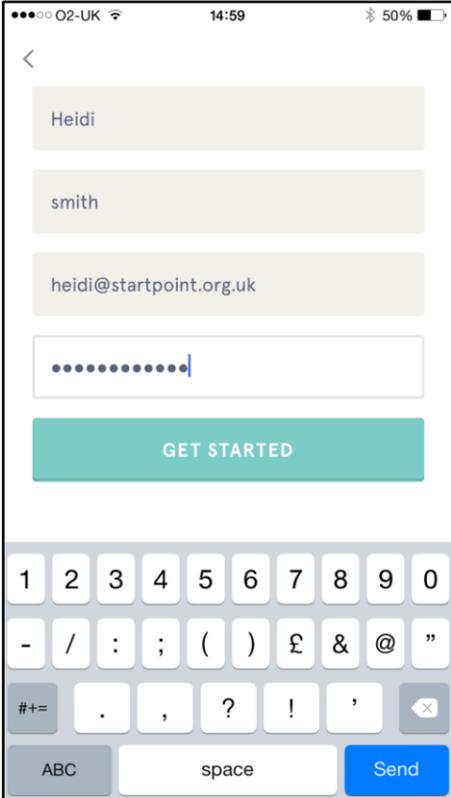
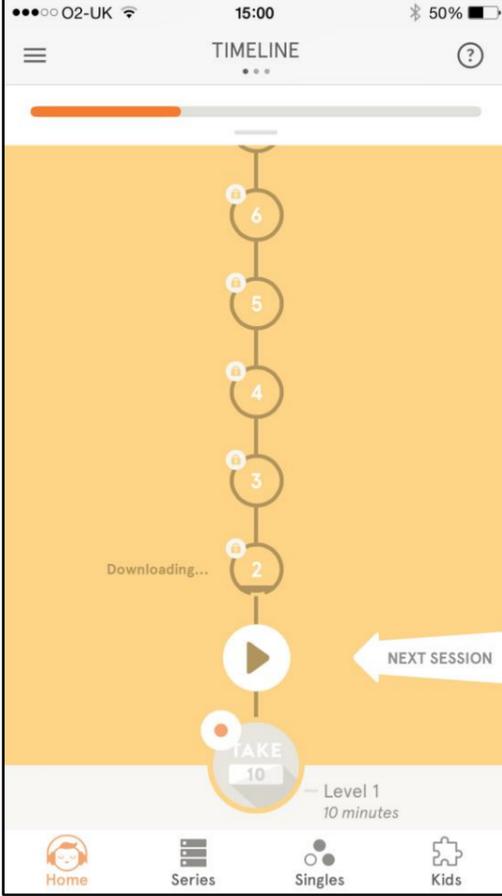


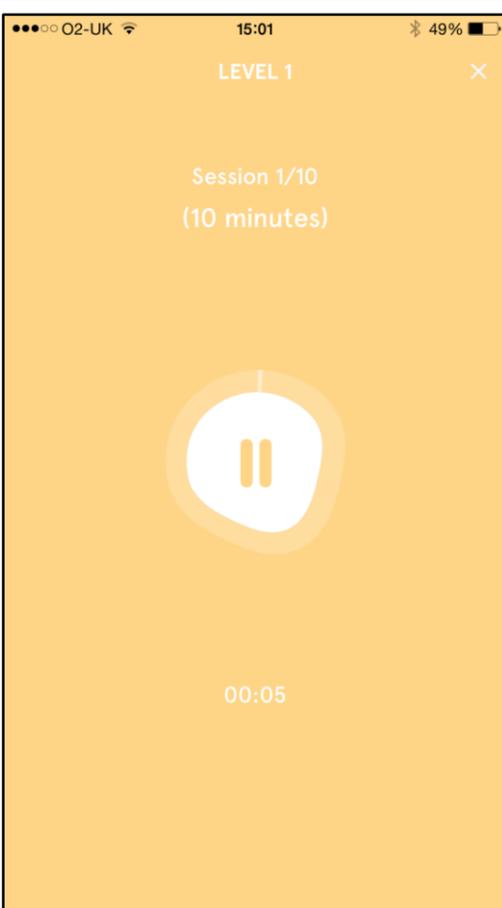
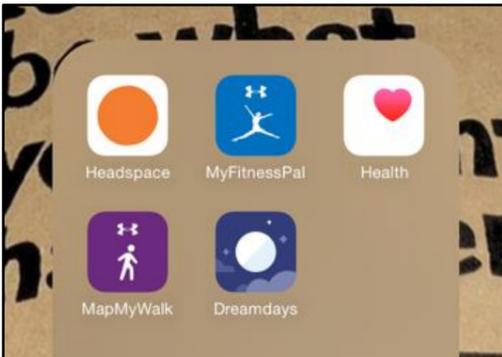
## iRelax Session Plan

Now some people may think getting online is quite stressful but there are loads of apps that will help you to relax and stay calm.

During this session we will look at an app called Headspace. For those using a laptop there is also the website [www.headspace.com](http://www.headspace.com), you will just need to skip points 1 & 2 of this guide and type in the website address instead.

Headspace	
<p><b>1 Introduction:</b> Headspace is an online tool that provides guided meditation sessions and mindfulness training. Its content can be accessed online, or via their mobile apps. In April 2016, Headspace claimed to have over 6 million people using the app.</p> <p>The app is available for Apple and Android devices and also as a website.</p> <p>For the purpose of this guide we will be using headspace on an iPad but if you are using an Android device, it is the same process, just some of the screens will look a bit different.</p>	
<p><b>2 Downloading the App:</b> From the App Store or Google Play Store, search for <b>Headspace</b>.</p> <p>Click the <b>download</b> and the <b>open</b> buttons.</p> <p>The app is free to download.</p>	
<p><b>3 Creating an Account:</b> Once you have downloaded the app or gone to <a href="http://www.headspace.com">www.headspace.com</a> if you are using a laptop, you will need to create an account.</p> <p>It is important to note that there are different terms and conditions if you are using the app or website. On the website you have a free 10-day trial. This will allow you to access all ten sessions one day at a time.</p> <p>This is the same on the app, the only difference is that you can replay a session at any point on the app before it asks you to pay. Unlike other sites it will not ask you for credit card details and then charge your account after ten days. You will simply have a limited amount of time to access the site.</p>	

	<p>The only other slight change is that the website asks you your gender and if you have meditated before.</p> <p>To create an account type in your <b>name</b>, <b>email address</b>, a new <b>password</b> and click <b>Get Started</b>.</p>	
<p>4</p>	<p><b>Take 10:</b> Once you have created an account you may be shown an introduction video. This is a short explanation of Headspace itself.</p> <p>Then you will be shown your <b>Take Ten Timeline</b>. If you can't see it just find the <b>Home</b> button and that will take you to the timeline.</p>	
<p>5</p>	<p><b>Videos:</b> Some sessions have accompanying videos. This is to explain the purpose of the session in more detail. They are short and fun little animations. Make sure you watch them before starting the next session.</p>	

<p>6</p>	<p><b>Listening to sessions:</b>          You will be required to do each session's one at a time, in order. Some have accompanying videos, and some are just audio.</p> <p>Put in some headphones and click the arrow button to play your first session.</p> <p>You can stop them at any time by clicking the <b>Pause</b> button in the middle of the screen.</p> <p>Have a go. How did it feel?</p>	
<p>7</p>	<p><b>Finding the App once it is downloaded</b>          Once you have finished your session for the day, you could go onto the next one but it is recommended to do one a day.</p> <p>Once finished, come out of the app by clicking your home button or exit the website using the exit button at the top of your screen.</p> <p>For those using a tablet, you will find the Headspace app again by looking for a white box with an orange circle.</p>	

**Notes**