

Call For Participants



Can listening to a well-being exercise impact your focus and mood?

90 min(s) to complete

£20 Amazon voucher

Experiment

City Garden Row, London N1
8DW, UK

Headspace

Headspace is interested in whether spending 10 minutes performing an audio-based well-being exercise can help you feel less anxious, reduce your blood pressure and improve physical exertion. During your visit you will be asked to listen to a 10 minute exercise and complete a number of questionnaires and tasks. The exercises are designed to make you feel relaxed and comfortable.

Find out more online

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More info

by scanning the QR code
or visiting the URL

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