

4/4<sup>A</sup>

early  
lab

# Research Findings Document

Post-Field Trip  
19 June 2015

Lab no.  
Subject

1  
Youth Mental Health

Partner

The Child, Family and  
Young People Service  
at Norfolk & Suffolk  
NHS Foundation Trust  
(NSFT)

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# Research Findings Document

## Contents

Part 1	What we want
Part 2	How to get it
Part 3	What needs to happen first
Part 4A	Research methods
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# **Working with service users**

The Early Lab team has conducted research in to youth mental health.

Our research is founded on working directly and responsively with young mental health service users.

We did this intensively on a **field trip**

in Norwich where we used creative processes of making to unlock personal **capacities**

within the service users that result from their own

**lived experience**

of mental health services.

The creative processes of making employed on the field trip were:

**3-dimensional information design,**

**stop-frame animation.**

We also invited service users to take us on a tour of Norwich on a critique of existing and potential service locations. They found this **empowering.**



The Early Lab team has  
conducted research in to  
youth mental health.

## 4/4 Research methods

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# These are asset-based methods

within the service users that  
result from their own

**lived  
experience**

of mental health services.

The creative processes of  
drawing and on the  
floor work.

**3-dimensional  
information  
design,  
stop-frame  
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We also invited service users  
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## 4/4 Research methods

The Early Lab team has conducted research in to youth mental health.

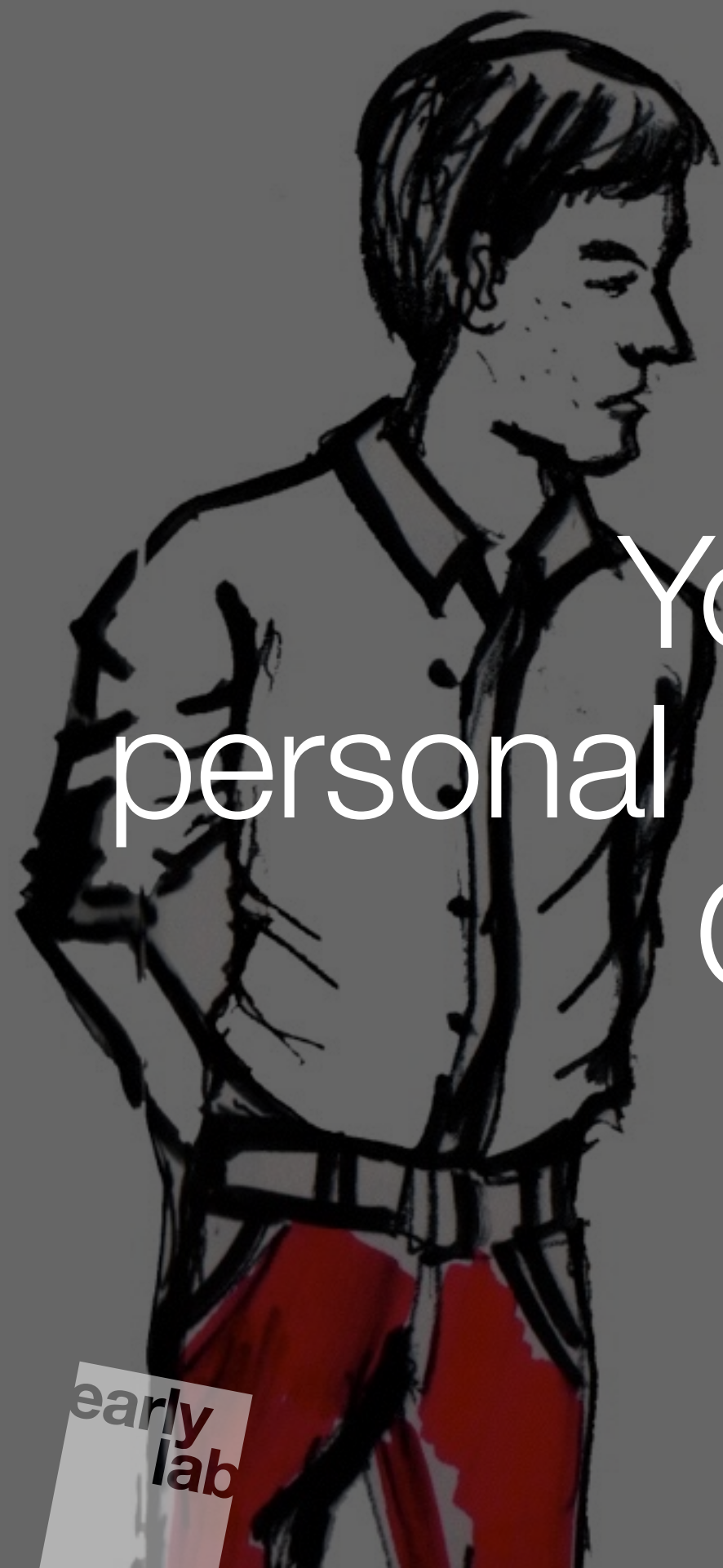
The Field Trip workshops were organised over 4 days according to 3 themes:

**With these people**  
Our research is founded on working directly and responsively with young mental health service users. We did this intensively on a field trip in Norwich where we used creative processes of making to unlock personal capacities within the service users that result from their own lived experience

**asset-based methods**  
The creative processes of making employed on the field trip were:

**places**  
in networks of support  
– Workshop 1, day 1 pm  
– Workshop A, day 3 am

**stories**  
in service location critique  
– Norwich Tour, day 2 am  
– Workshop 2, day 2 pm  
of real/ideal service access  
– Workshop 3/4, day 3/4  
– Workshop B, day 4 am



- SO THESE ARE DIFFERENT PATHWAYS.
- THE BOOK UP HERE IS THE GREAT GATSBY + HEADPHONES.
- THIS MEANS GETTING SECTIONED / SELF HARMING
- THE BLACK LINE IS AT THE POINT WHERE YOU CAN NO LONGER SEEK / HELP
- SPINNING OUT OF CONTROL.
- BY THE TIME YOU ENTER THE SERVICE AND SEE A GP, YOU ALREADY DON'T FEEL NORMAL.

# Youth Council personal networks of support Canvas 1/3



## 4/4 Research methods: 3d information design



● Elise Page  
Youth Council, NSFT Suffolk

● Steven Lang  
Early Lab, UAL  
Facilitator

● Jonathan Balshaw  
Youth Council,  
NSFT Suffolk

● Caroline Yan Zheng  
Early Lab, UAL  
Facilitator

This canvas was made in  
Workshop 1 by:

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lab



## 4/4 Research methods: 3d information design

### Jonathan and Elise

Support is identified by 5 colours and named on the attached tags:

green: self-help

yellow: family

blue: GP

yellow/pink: hospital

black: self-harm

pink: sectioned

The blue fan with purple and green centre stands for self with the support of self-help, family and GP.





#### 4/4 Research methods: 3d information design

**Jonathan and Elise**

Self-help (green) includes: reading (tiny purple book at top), music (tiny yellow ipod at top).

Self-help entwines with self-harm (black)

According to J, self-harm is a form of self-help – its about the desire to feel something instead of nothing. It is for releasing stress but also a call for help. . .

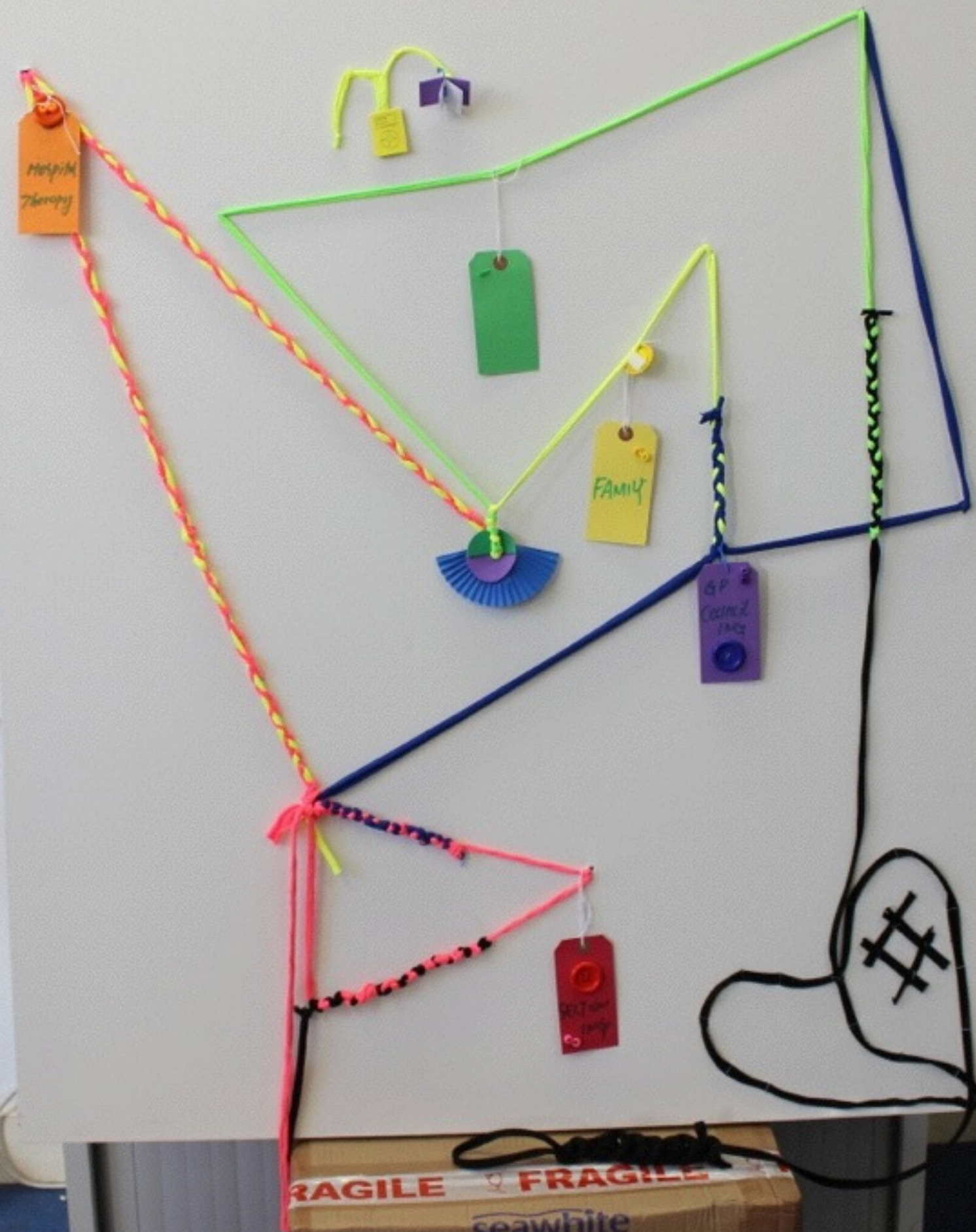
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releasing stress but  
also a call for help. . .**



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## 4/4 Research methods: 3d information design

**Jonathan and Elise**

...Self-harm (black) is extremely dangerous – a slippery slope towards suicidal emotions.

That such thoughts could be fatal is symbolised by the broken heart and dangling hangman's noose (resting on the cardboard box).



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[illegible]

**Self-help (green), family support (yellow) connect with GP (blue) – this represents for when self-help and family support are not sufficient and when the GP is required.**

- back to self-help
- hospital (pink/yell)
- sectioned (pink)

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## 4/4 Research methods: 3d information design

### Jonathan and Elise

Once under hospital therapies (pink/yell), things can go either way: recover or be sectioned (pink).



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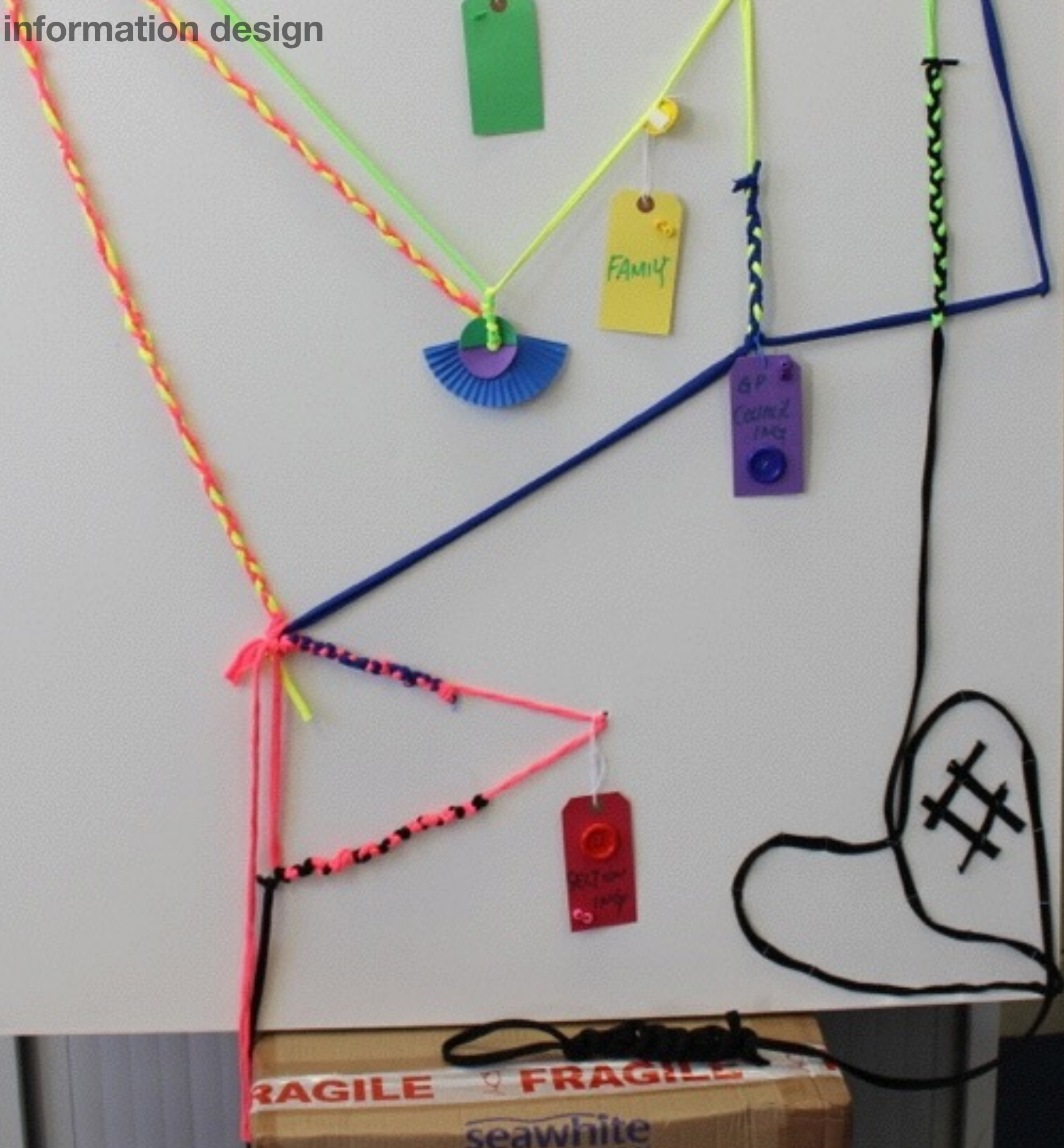


## 4/4 Research methods: 3d information design

### Jonathan and Elise

Once sectioned (pink), although this could lead back to GP (blue) or hospital therapies (pink/yell), J said most people linger here (looping the pink triangle). Once in it is difficult to get out.

With a worsening of condition, self-harm can resurface (signified by black yarn woven onto pink).



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## 4/4 Research methods: 3d information design

### Jonathan and Elise

All aspects of condition/resource (all coloured yarns) are connected.

Heading downward signifies more serious consequences. Whereas heading upward is indicative of a journey towards recovery.

The best place to be is in the upper part of the canvas where one is supported through self-help, family and GP.







# Youth Council personal networks of support Canvas 2/3



## 4/4 Research methods: 3d information design

This canvas was made in  
Workshop 1 by:

Jordan Morris  
Youth Council,  
NSFT Central

Amira Prescott  
Early Lab, UAL  
Facilitator

← Kat Thiel  
Early Lab, UAL  
Facilitator  
(out of shot)

Katie Davis  
Youth Council,  
NSFT Central



#### 4/4 Research methods: 3d information design

**Katie and Jordan**

The big eye (hanging at the top edge of the canvas) represents all the people that look out for K & J. Help comes from family, especially mums, (the heart in the centre), friends, medication.

The orange beads on the black yarn linking the eye to the flower represent changes of medication and/or dosage. K & J suffer drug side effects. It is hard to find the right dose.

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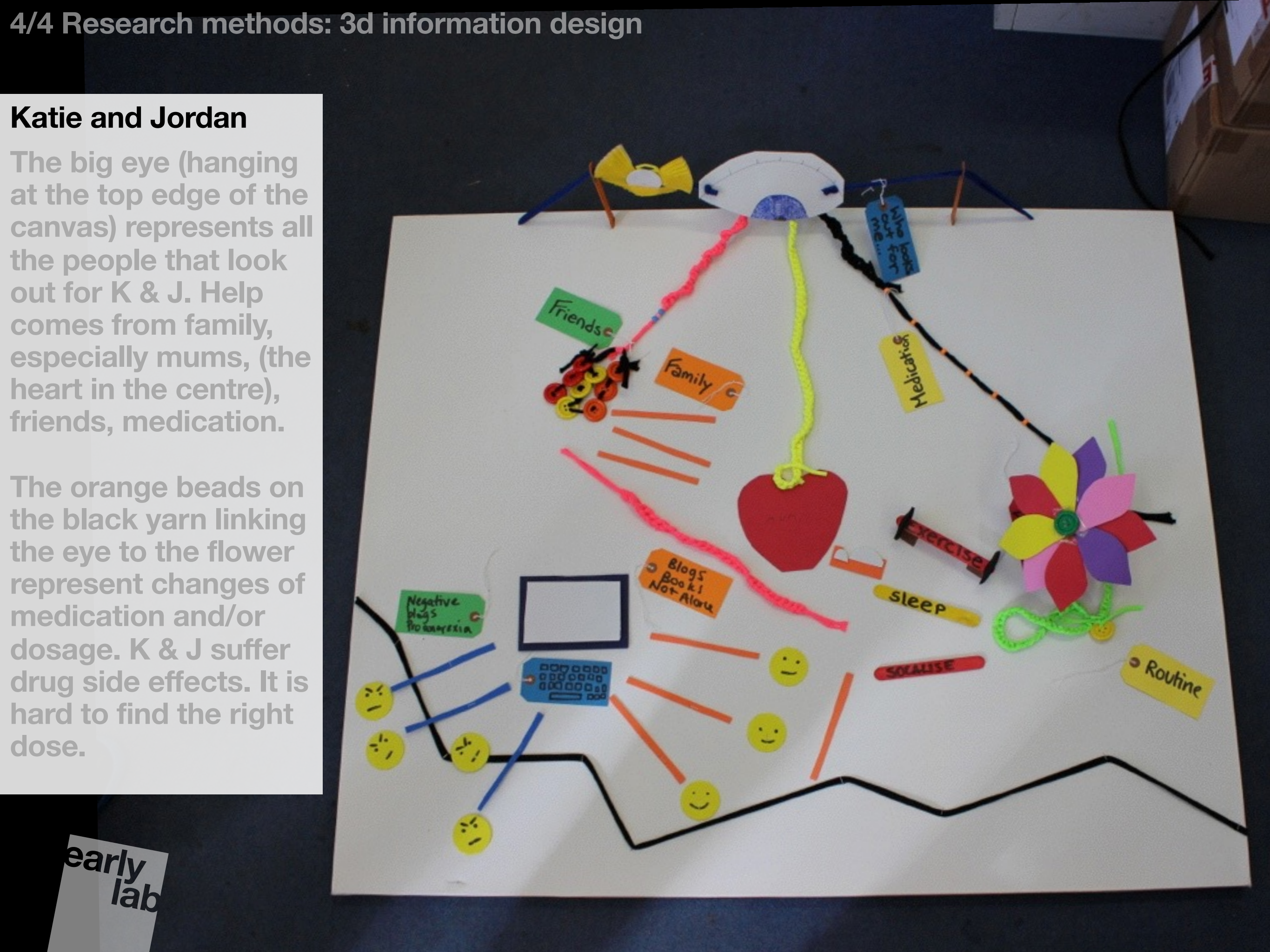
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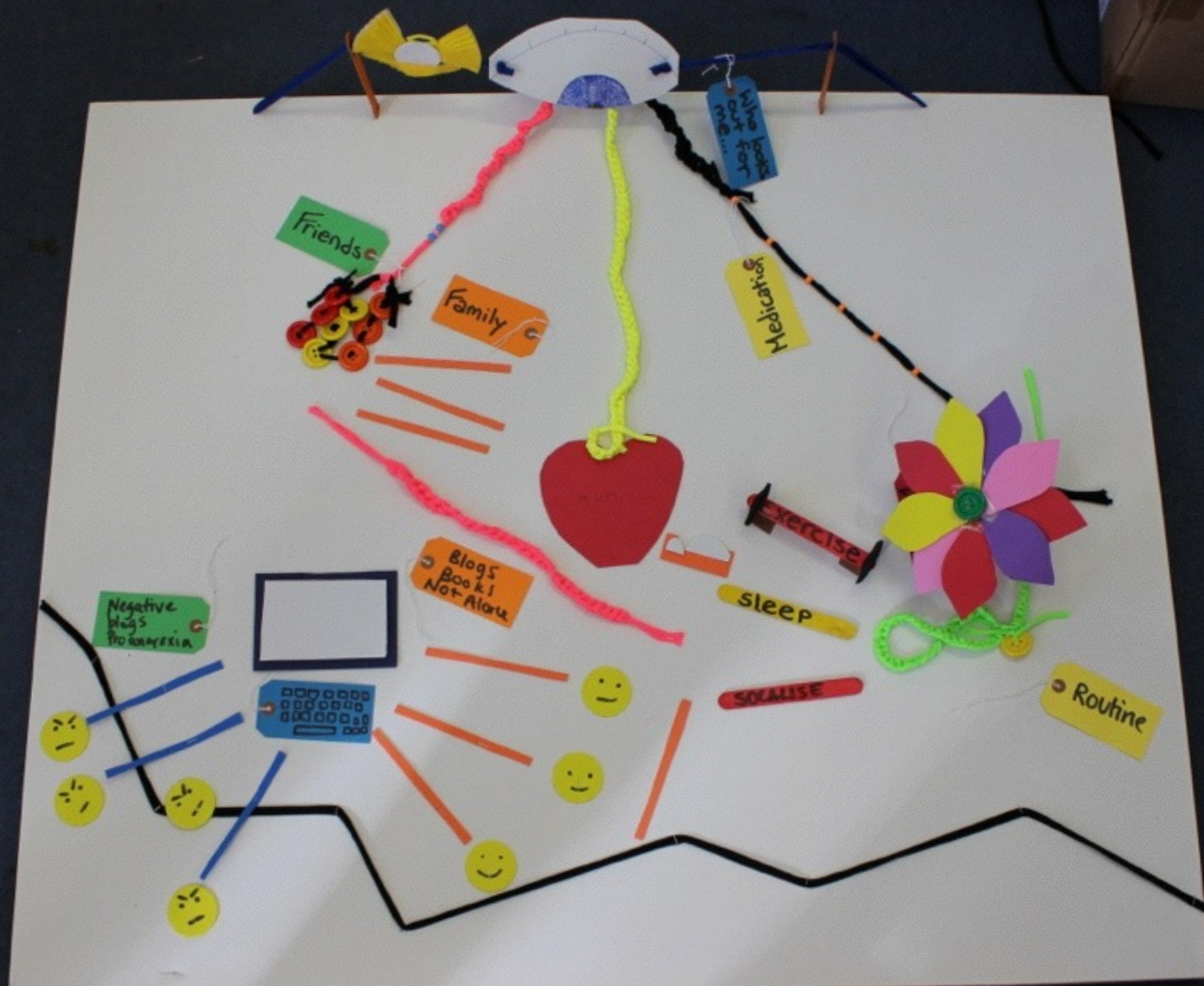


## 4/4 Research methods: 3d information design

### Katie and Jordan

The flower stands for the care worker – the most important external support they both received.

Helping them to manage the support they received from therapists, social workers, benefit office and GPs. The flower petals represent this.





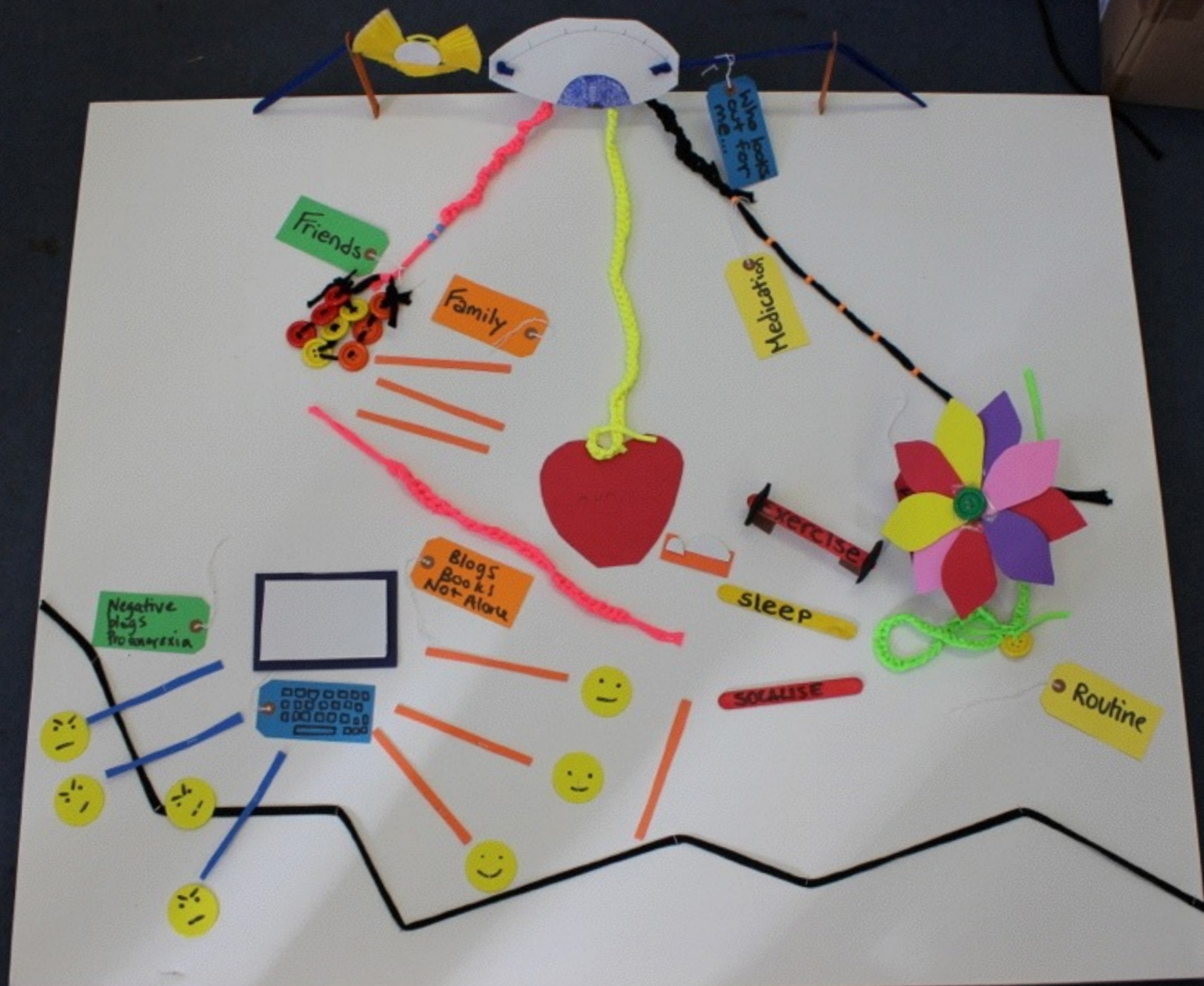
## 4/4 Research methods: 3d information design

### Katie and Jordan

K prefers to cope alone most of the time. She doesn't want to bother others – especially her mum.

When its late she knocks herself out with sleeping pills to forget. Sleep helps her get over low points. Smoking also takes the edge off.

Exercise helps both K & J – it creates a routine and releases endorphins.



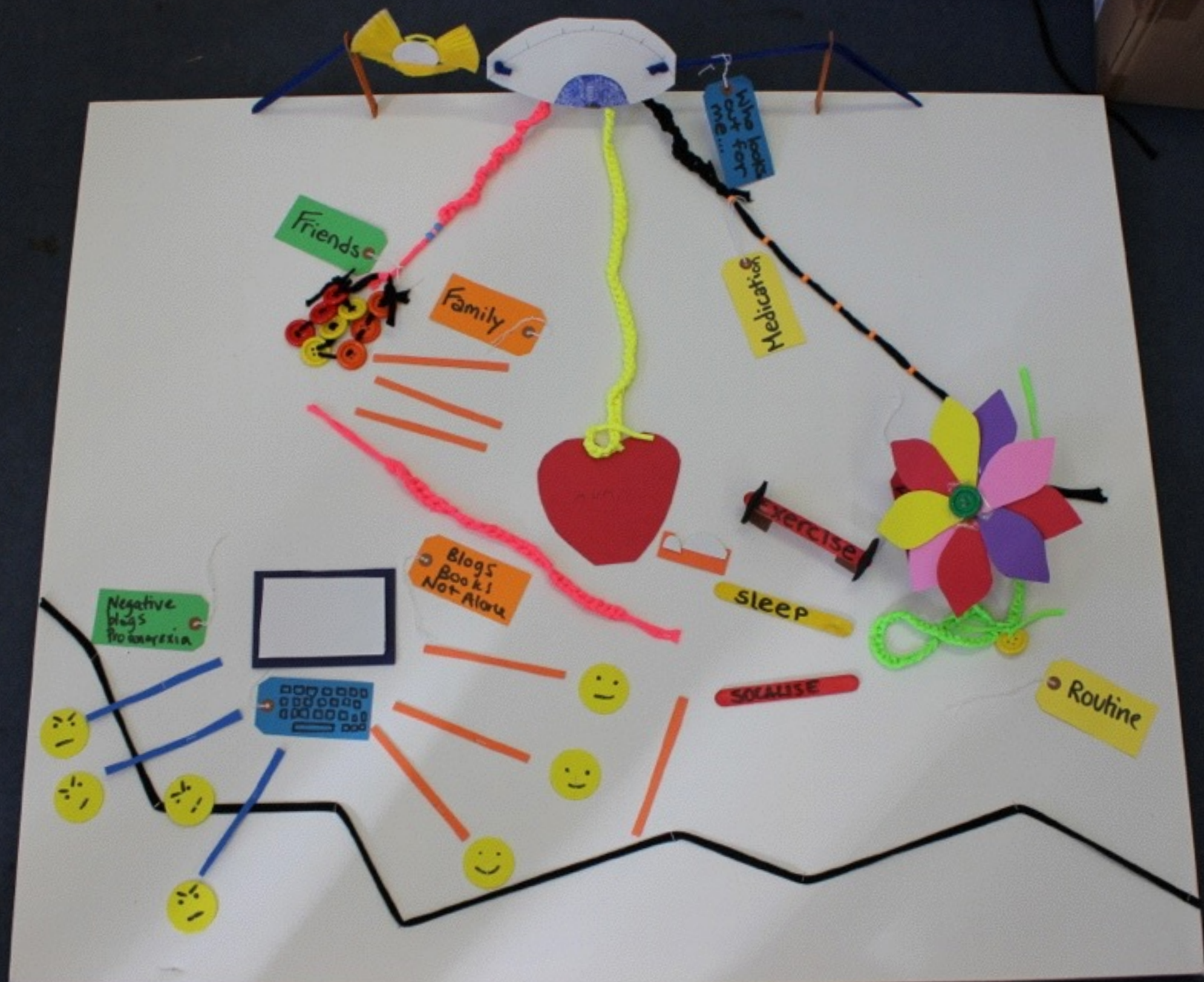


## 4/4 Research methods: 3d information design

### Katie and Jordan

K & J agree alcohol is a no-no, but they both do it. This is when they lose control of what they do and how they feel. For K a good diet helps a lot – especially with her history of anorexia.

K & J have developed self-coping mechanisms. K says she doesn't need therapy anymore – just the right cocktail of pills to live her life.



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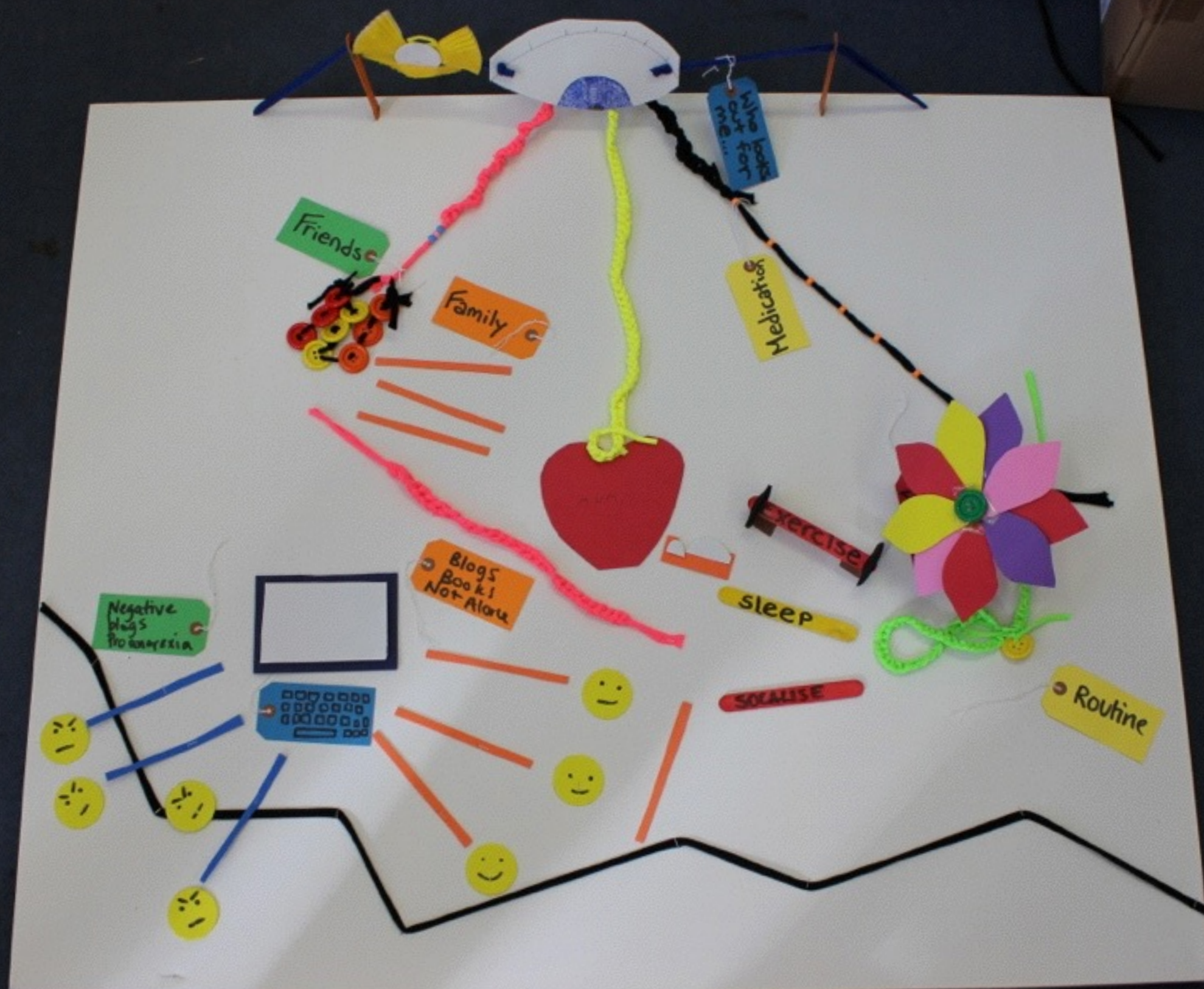
## 4/4 Research methods: 3d information design

### Katie and Jordan

J says it feels good to support others. It gives him a sense of self and a sense of accomplishment. It gives him the feeling of not being alone. He gets positive feedback after being helpful.

Giving advice feels good. He feels comfortable talking to other vulnerable young people.

He enjoys the pub, snooker, nightclubs.



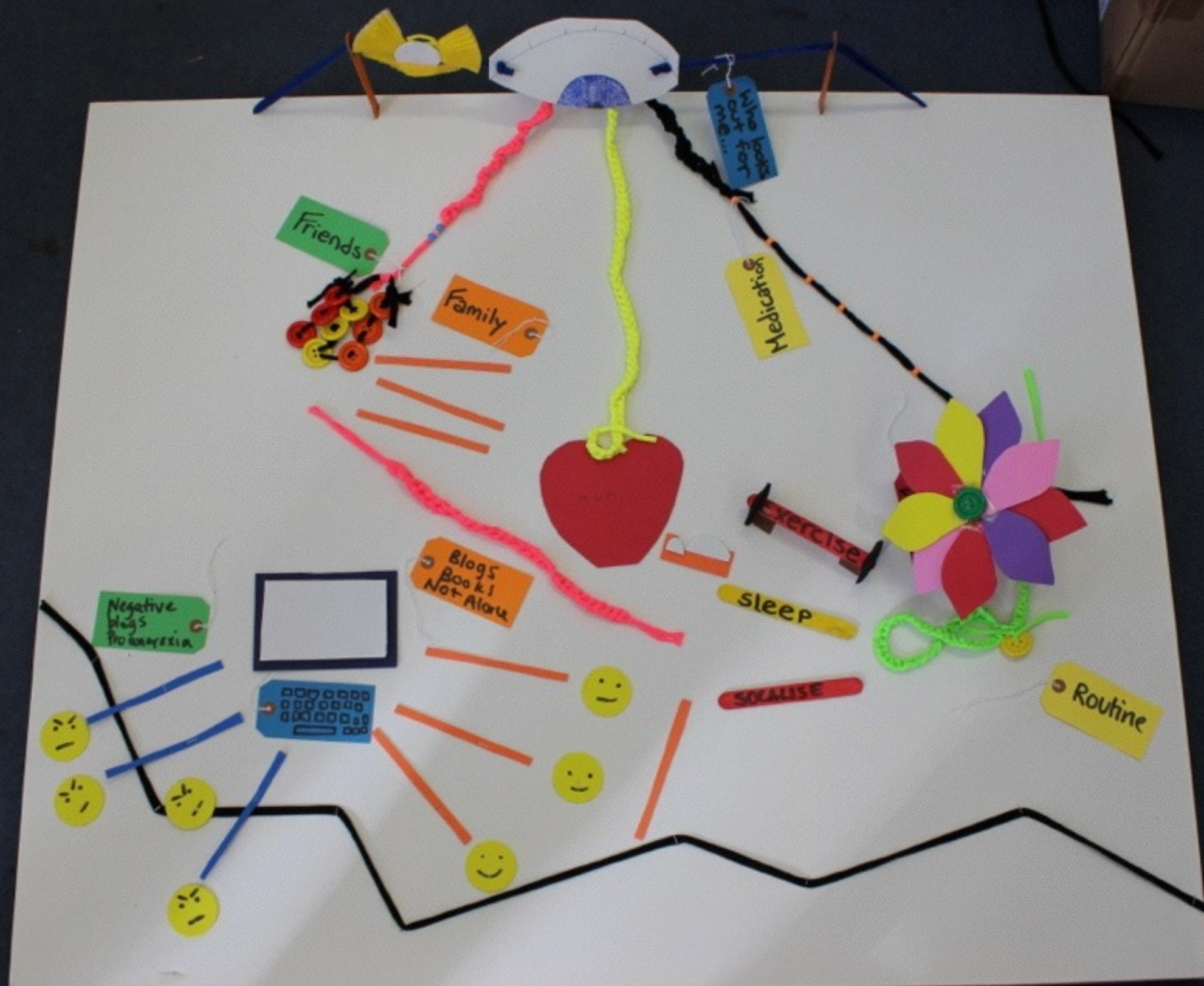


## 4/4 Research methods: 3d information design

### Katie and Jordan

The green crocheted infinity loop signifies a working routine of sleep, exercise, socialising and medication.

The left-hand corner is a critique of the online environment for MH with angry and happy faces indicating online spaces that produce negative and positive experiences respectively.





SERVICE.

- YEAH MY FAMILY AREN'T GOOD WITH STUFF LIKE THAT BUT MY AUNT IS.
- THE EXPLOSION IS LIVING WITH MY FRIENDS, YEAH... HAHA.... WE WERE DRINKING TOO MUCH

# Youth Council personal networks of support Canvas 3/3

Friends  
college  
medical  
CRAZY AUNT  
family



## 4/4 Research methods: 3d information design



● Luke Taylor  
Youth Council,  
NSFT West

● Delina Evans  
Early Lab, UAL  
Facilitator

● Immy Hearn  
Early Lab, UAL  
Facilitator

This canvas was made in  
Workshop 1 by:

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## 4/4 Research methods: 3d information design

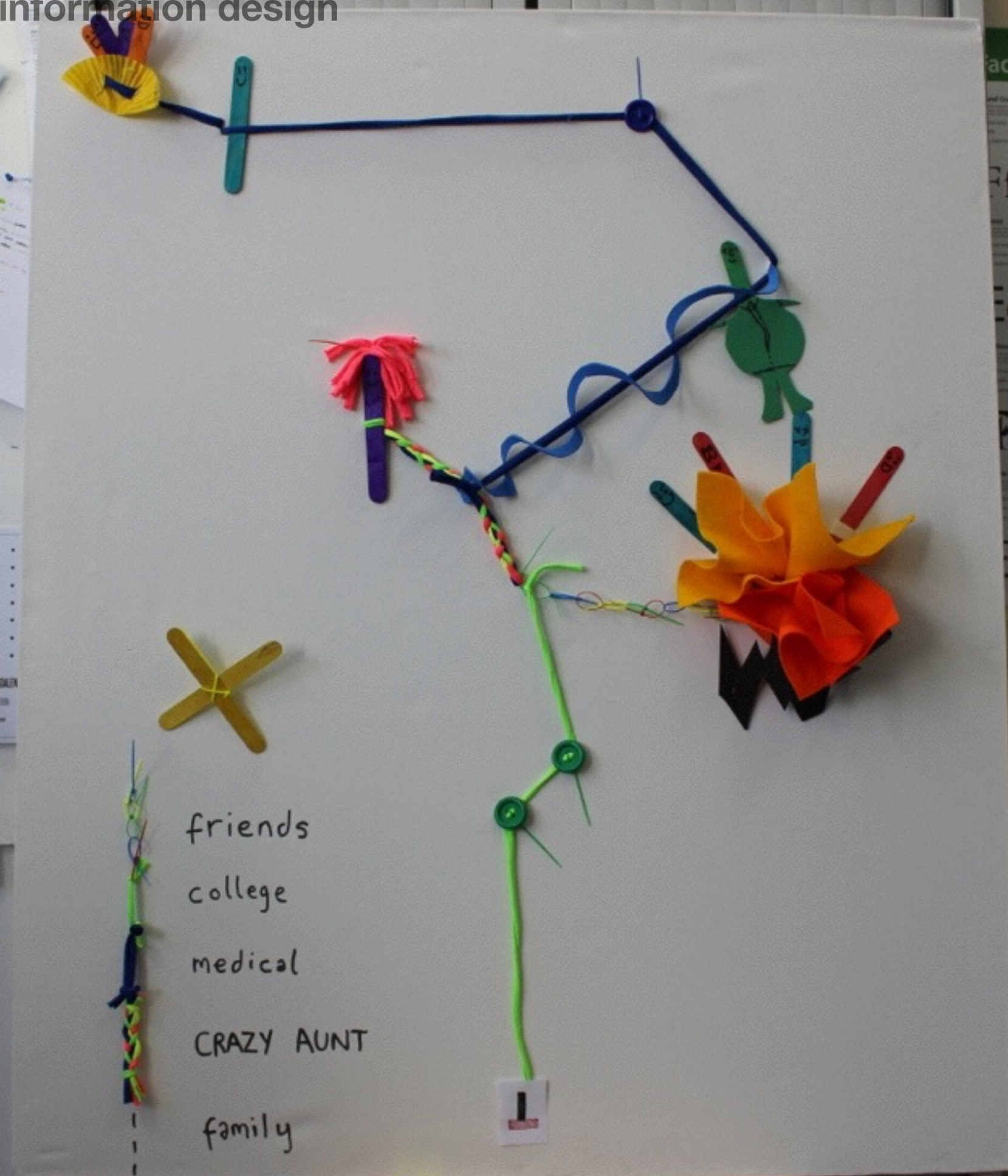
### Luke

L embodied his experience of mental health support networks in very linear journeys.

### College

Starting from the centre, he initially spoke to his tutor – descending down the green line to the first green button.

He was told to see the college councillor, second button. . .





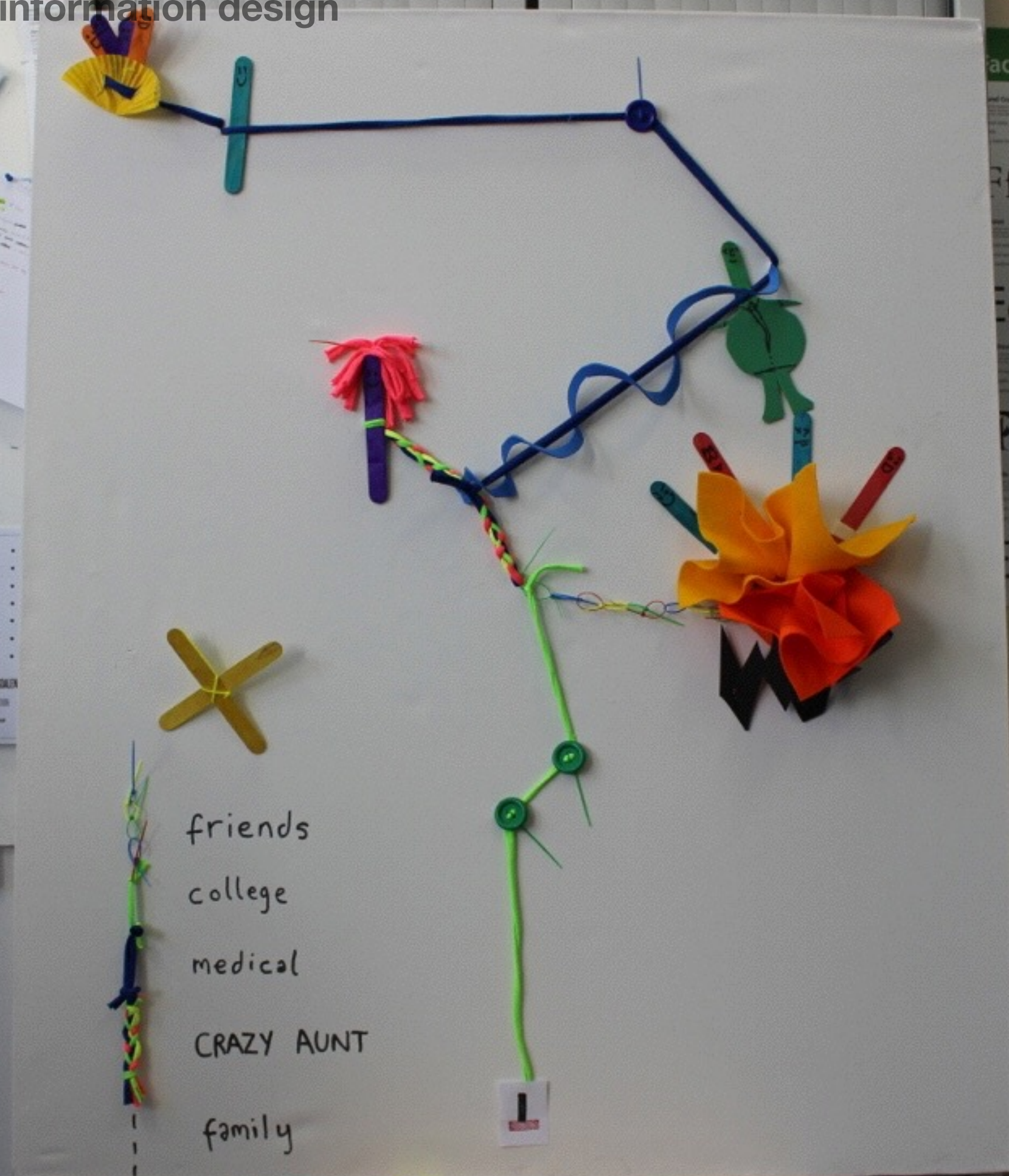
## 4/4 Research methods: 3d information design

**Luke**

...The councillor exempted him from college for a year. This became a dead end. The councillor was a person to talk to but did not provide useful advice.

**Crazy aunt**

Back to the centre of the canvas. L then goes to see his crazy aunt (the figure with pink 'hair'). L shows how close and strong their relation-ship is with a plaited multicolour yarn.





## 4/4 Research methods: 3d information design

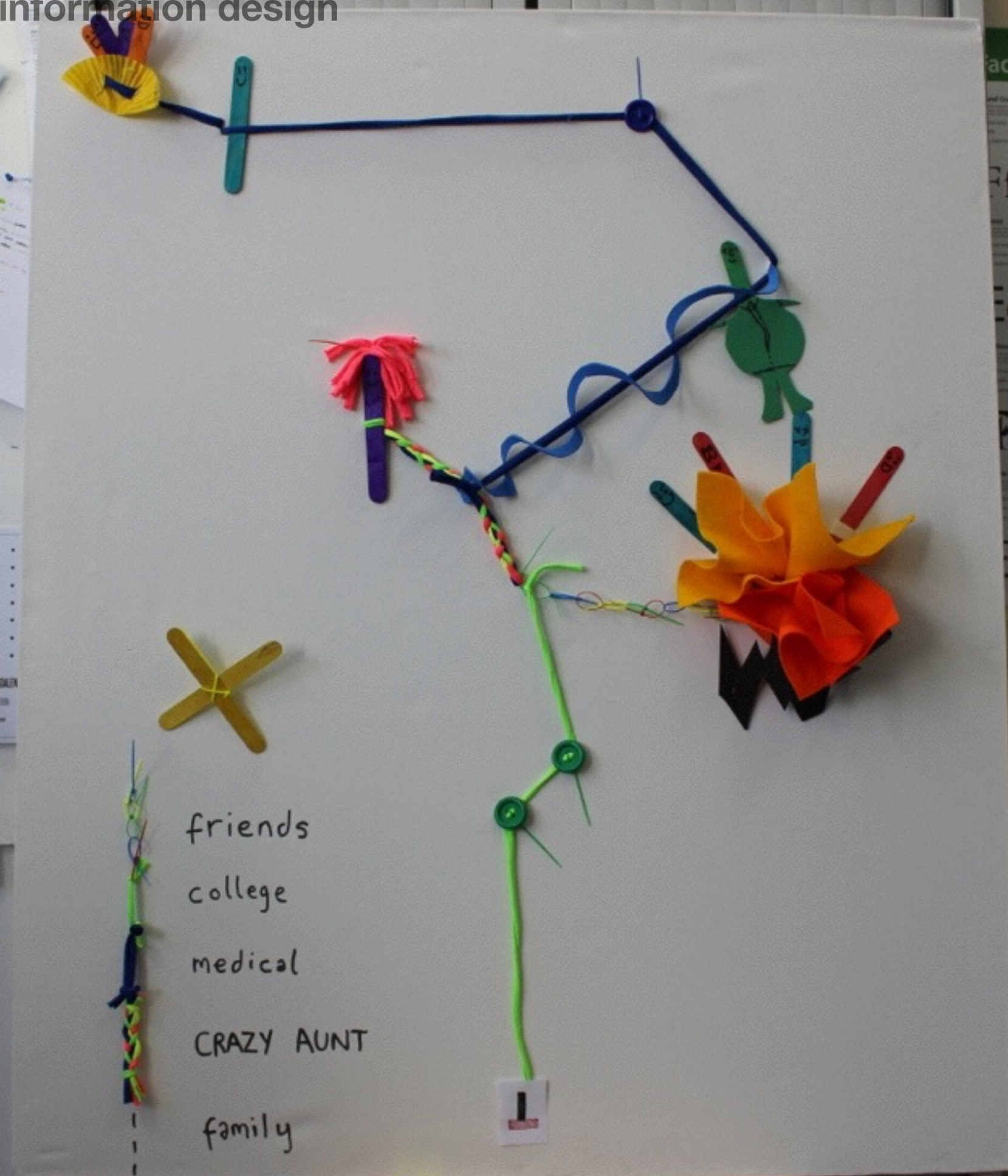
**Luke**

MH support

As L offloads his feelings to his aunt, she suggests he sees a GP (depicted as a rotund green man).

Although in practical terms a simple step to take, this was difficult for L.

Signified by the wavy blue line that spirals around the straight blue journey line to the GP...



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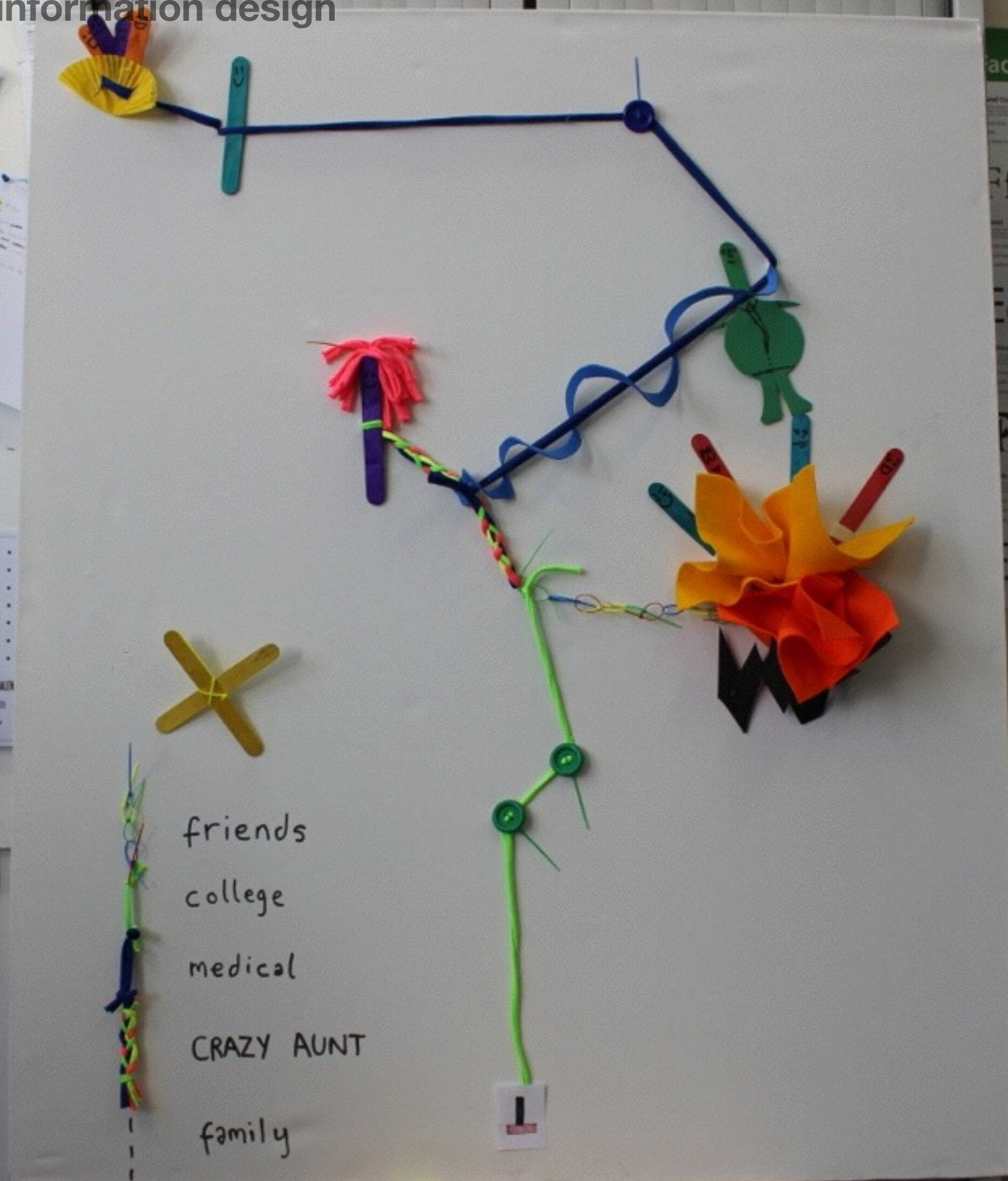
## 4/4 Research methods: 3d information design

### Luke

...The GP referred him to further help (blue button at the top) before reaching access to Wellbeing where he enjoys his support groups.

### Relationships

The yellow cross stands for L's family. This is linked to the centre of the canvas by 'invisible' nylon thread – expressing L's tenuous links to them. He says they don't understand his situation.



friends  
college  
medical  
CRAZY AUNT  
family

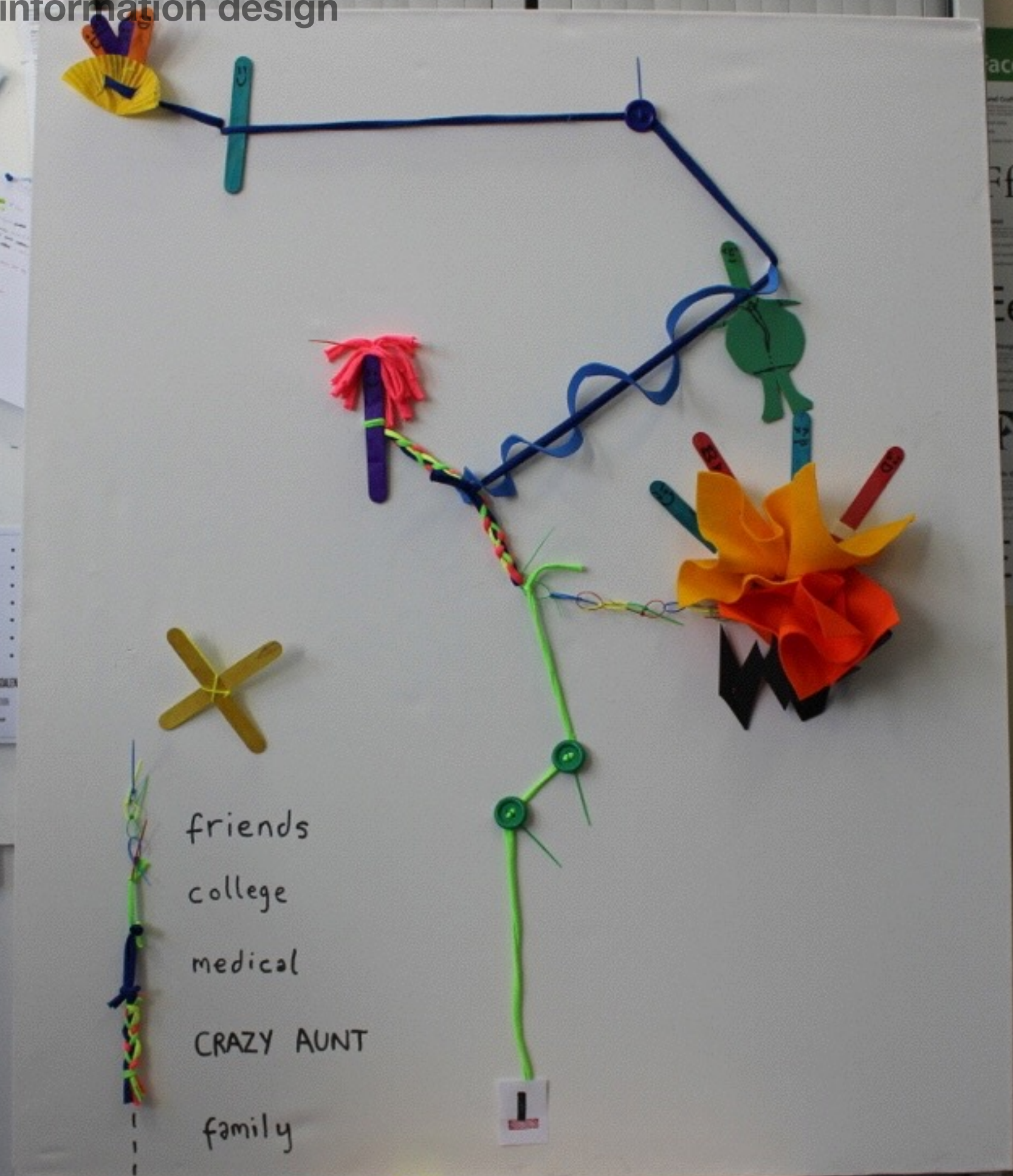


## 4/4 Research methods: 3d information design

### Luke

L's friends, a group of guys he lived with in Kent, are depicted by the multicoloured chain of plastic cable-ties extending to the right off the central green yarn.

While they were all very close, L said they became a self-destructive household living on take-away pizza, watching TV, drinking and smoking. Depicted by the colourful felt explosion to the right.





## 4/4 Research methods: 3d information design

### The user's view

To give those service providers taking part in Workshop A a view of services from the user's point of view, the Youth Council's canvases were presented to them.



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### Service scenarios

In Workshop A, service providers were developing maps of typical support networks around the service user from their own perspective – producing example service scenarios.





# Tour of Norwich by the Youth Council

- IT CAN BE POSITIVE  
OR NEGATIVE, IT JUST  
DEPENDS ON HOW YOU  
DEAL WITH IT.

- I'VE GOT A LOT OF  
FRIENDS COMING TO  
ME FOR ADVICE, IF  
THEY'RE STRUGGLING  
WITH ANXIETY OR  
ANYTHING.



## 4/4 Research methods: Youth Council tour

We asked the Youth Council, (service users), to take us on a tour of the kind of places they like (and like less) in Norwich.

Here, Elise Page tells us about 80 St Stephen's Road.





## 4/4 Research methods: Youth Council tour



A tour to get a discussion going about what kind of places/spaces would make great service locations.

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The Youth Council walk the Early Lab students through Chapelfield Gardens.

We asked them: what are the crucial ingredients of these places/spaces?

Is it atmosphere, design, people, accessibility, activities, facilities?





### **The Forum**

**“It would be ideal if a counselling/advice giver could be located in a normalised public space – The Forum is ideal.” Jordan Morris, Youth Council**



**Mint, in The Forum**  
“Mint is supported by several businesses in the area. They offer jobs and training for young people.”  
**Fabiane Lee-Perrella, Early Lab, UAL**

**mint**

**EMPLOYER FEEDBACK**

Are you an employer?  
Do you have entry level vacancies?  
Let us help you fill them!

“MINT offered us a Job Coach to come in and support both the young person and us as the employer.”  
Tricia Fuller  
Group Human Resources Director

“MINT responded to me filling the vacant position in my maternity leave. I was able to find a suitable person for the position.”  
Jo Warburton  
Store Manager

Shoe Zone

“Thank you for making this happen. The young person has been successful and well settled in the role.”  
Sammi B. Manager

**Norse**

t: 01603 773 760  
w: [mintnorwich.co.uk](http://mintnorwich.co.uk)

**KINGSLEY HEALTHCARE**



**Mint, in The Forum**  
“I like the chairs, the  
colours and shapes.”  
**Jordan Morris, Youth  
Council**

**Mint, in The Forum**  
“It is inside The  
Forum, so no stigma  
attached and easy  
access.” **Jonathan  
Balshaw, Youth  
Council**



## 4/4 Research methods: Youth Council tour

**Map**  
“Its not open at lunchtime. Hours are not catering for students.” Jordan Morris, Youth Council

### Map

“Everyone knows it is there. They offer drop-in sessions.

It doesn't look clinical and they have a wifi lounge.

It is easy to get to. It is close to The Forum. Loads of young people hang out close to The Forum and Chapelfield Gardens.” Katie Davis, Youth Council

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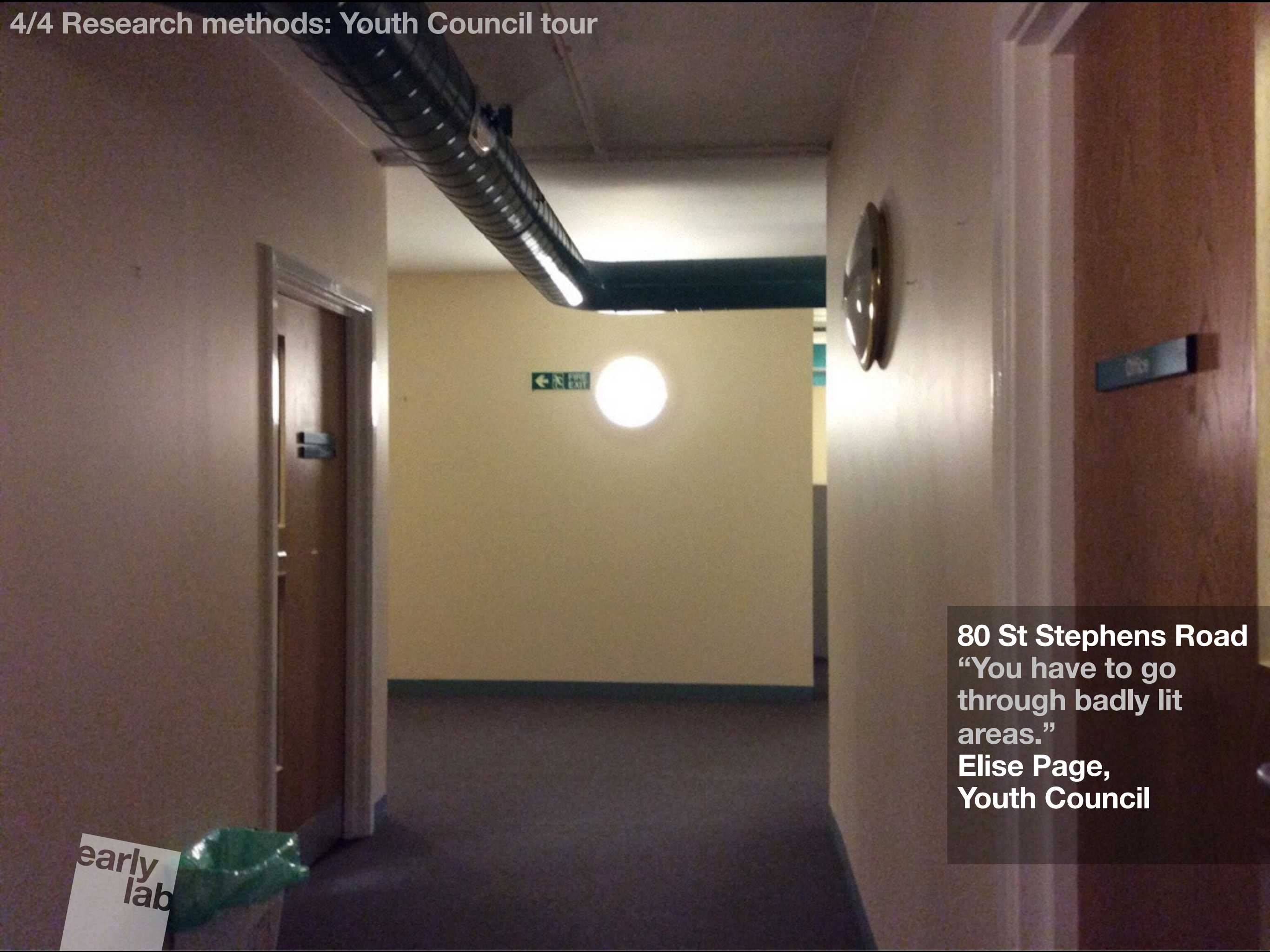




**Chapelfield mall**  
“We really like the new shopping centre. Its light and airy and has a good feel about it.”

**Katie Davis, Elise Page, Youth Council**





**80 St Stephens Road**  
**“You have to go**  
**through badly lit**  
**areas.”**  
**Elise Page,**  
**Youth Council**

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80 St. Stephens

**80 St Stephens Road**  
“It would be good to have light airy rooms. A café with a wifi lounge would link the place with positives, because you always come here for a negative reason.”  
**Katie Davis,**  
**Youth Council**

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## 4/4 Research methods: Youth Council tour

**Open**  
“Its fun and provides  
a wide range of  
activities that interest  
young people.”  
**Fabiane Lee-Perrella,**  
**Early Lab**

**Open**  
“It would be nice to  
meet a therapist  
there. It is a neutral  
space. No one would  
know what you are  
there for.”  
**Katie Davis,**  
**Youth Council**

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**Getting around**  
“People with anxiety find it hard to get on buses when they are very busy.” Elise Page, Youth Council





## 4/4 Research methods: places

### Early Lab location

It was important we found a pleasant location for the workshops on the Early Lab Field Trip in Norwich.



We used studios at Norwich School (free during the Easter holidays) with this peaceful outlook onto the cathedral.

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**Studios**  
We think the quiet yet magnificent setting contributed to the success of the Field Trip.



# Other offline places: a reference





**Dragon Cafe, London**  
“What you notice, when you walk in on a cold winter’s day is the warmth. There’s singing, and art, and writing, and bean bags, and massage, and fairy lights, and cakes.

There are even little rose bushes in pots on a carpet laid out like a lawn. They make me think of Louis MacNeice’s poem about snow and roses.”

**The Guardian**



**Dragon Cafe, London**  
“The whole point is to be a complete antithesis to your average mental health service.”  
**Sarah Wheeler,**  
founder of the Dragon Café



“People like it, because there’s no pressure to do anything at all. They can sing, if they want to. They can write. They can paint. But they can just collapse on a bean bag and snore.”  
**Sarah Wheeler,**  
founder of the Dragon Café



## 4/4 Research methods: places

The Dragon Cafe is unpretentious and welcoming. Although situated in a crypt with very little daylight, it feels airy and inviting.



Its success is less dependent on how cleverly it is designed as it is about what happens in the space.



## 4/4 Research methods: places

The interior is curated as a creative project; at the same time a relaxing café and imaginative space, open to all.



It provides an affordable, healthy menu each week together with a wide range of creative and well-being activities, all of which are free.

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# Tour of online by the Youth Council



The Youth Council members warned us that many mental health online searches would lead to unsafe and potentially harmful websites. We were given a long list of websites, blogs and forums that focused on self-diagnosis, pro anorexia, self-harm as well as social media conducive to cyber bullying. We thought this is certainly a dangerous space for vulnerable young people.

However, when conducting our own online searches, this more recent evidence painted a slightly different picture. Especially in searches on self-harm it is no longer as easy to stumble across the most unhealthy sites as it was. On our simple search, only websites from trustworthy organisations showed up as far as page 6 on Google.

Online resources need to speak in a tone that is clearly age-specific – the appropriate use of design and language is the way to achieve this.

“I didn’t use to share because I didn’t want people to know but its different now. There has been a slow process of stigma breakdown.”  
Katie Davis,  
Youth Council

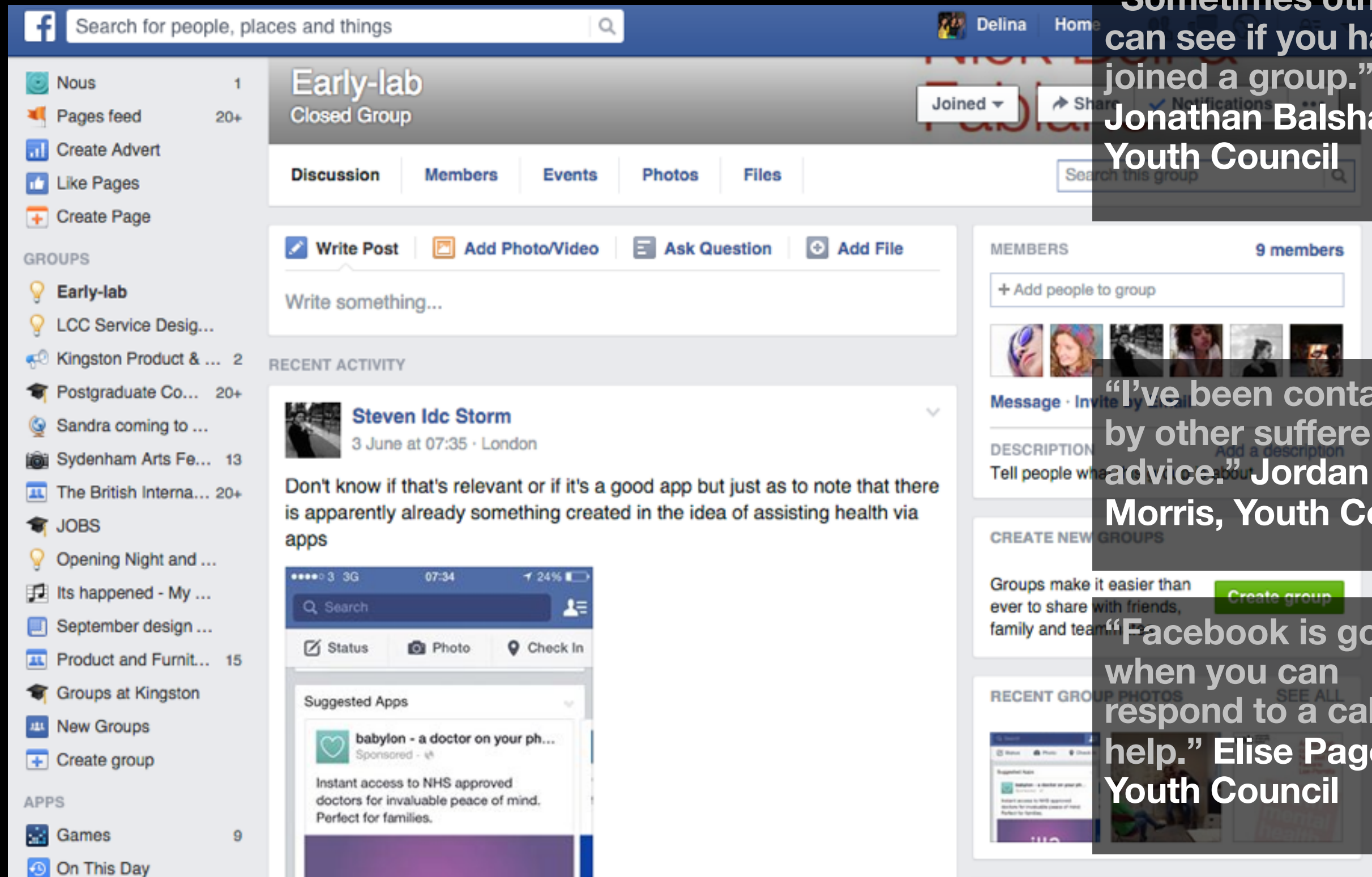
### Online media

It is inevitable that young people will turn to the internet for help at first.

High quality online resources need to be there and through SEO, pushed to the top of search lists.



## 4/4 Research methods: digital spaces



“Sometimes others can see if you have joined a group.”  
Jonathan Balshaw,  
Youth Council

“I’ve been contacted by other sufferers for advice.”  
Jordan Morris, Youth Council

“Facebook is good when you can respond to a call for help.”  
Elise Page,  
Youth Council

### Facebook

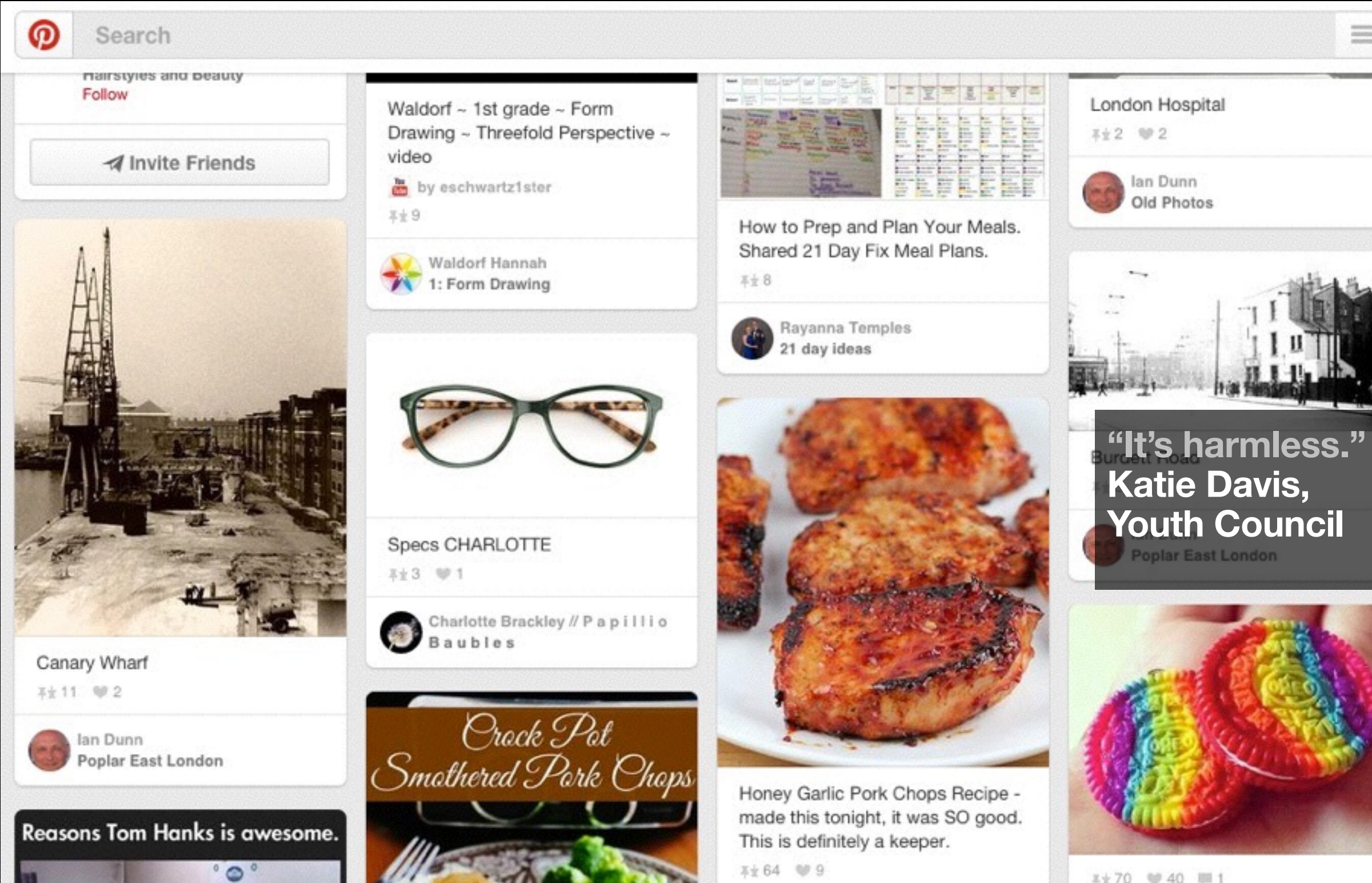
Login frequency: hourly  
Purpose: to keep in touch and share experiences

Easy to use. Reconnects you with people you think you’ve lost contact with. Most friends are on it.

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4/4 Research methods: digital spaces



Pinterest

Login frequency: daily  
Purpose: to browse and share images

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**You Tube** GB

What to Watch Music

Seth MacFarlane Sings Cyndi Lauper's Greatest Hits As Stew...  
by The Graham Norton Show  
1,300,359 views • 4 days ago

the graham norton show 3:25

Ed Sheeran

Ed Sheeran - Thinking Out 4:57

Ed Sheeran - You Need Me. I 4:02

Ed Sheeran - Lego House 4:06

Ed Sheeran - The A Team

Want all the latest updates?

**“It’s procrastination.”**  
**Jordan Morris, Youth Council**

**Login frequency:** daily  
**Purpose:** to watch videos

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# The Pro-Ana Lifestyle Forever

HI I'M L THIS BLOG IS ABOUT MY PERSONAL JOURNEY THROUGH ANOREXIA. I DO NOT ENCOURAGE HARMFUL BEHAVIOR IN ANY WAY!

[HOME](#)[ANA RELIGION & LIFESTYLE](#)[CONTACT](#)[MY GOALS](#)[QUOTES](#)[THINSPIRATION](#)[TIPS & TRICKS](#)

## THINSPIRATION



**“It’s scary.”**  
**Katie Davis,**  
**Youth Council**

### Pro-ana sites

Login frequency: weekly

Purpose: for finding and exchange tips for anorexia

Makes you feel part of a community. Used to use it daily but now, never.



**Depression self-assessment**

**Q 1 of 9**


Have you found little pleasure or interest in doing things?

☐ No, not at all

☐ On some days

☐ On more than half the days

☐ Nearly every day

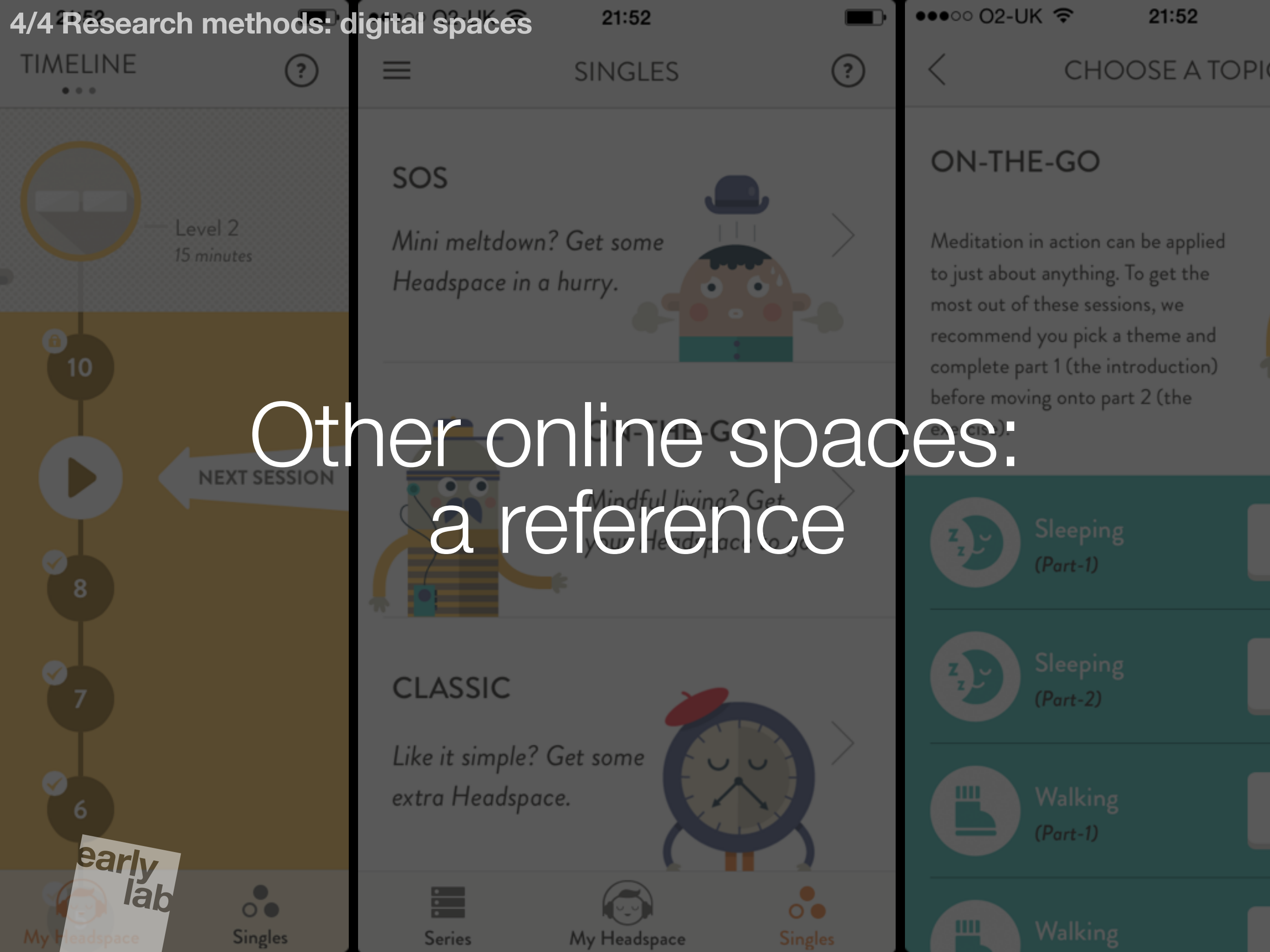
**Back**  **Next**

### Self diagnosis tests

Login frequency: monthly  
Purpose: to look symptoms up and to self-assess.

[www.nhs.uk/tools/pages/depression.aspx](http://www.nhs.uk/tools/pages/depression.aspx) is the first to come up on Google. They are prominent on news feed.





Other online spaces:  
a reference



## 4/4 Research methods: digital spaces

The screenshot shows the Headspace website's 'ANXIETY' meditation page. At the top, the Headspace logo is on the left, and navigation links for 'HOW IT WORKS', 'THE SCIENCE', 'BLOG', 'HELP', 'SUBSCRIPTIONS', and a 'SIGN UP FOR FREE' button are on the right. Below the navigation bar, the title 'MEDITATION FOR ANXIETY' is centered. Underneath, there are sub-categories: 'STRESS', 'CREATIVITY', 'FOCUS', 'ANXIETY' (highlighted), and 'RELATIONSHIPS'. The main content area features an illustration of a hand holding a smartphone displaying a green cloud with a lightning bolt icon and the word 'ANXIETY'. To the left of the phone, text describes the 'Headspace for Anxiety' program as a set of sessions for dealing with worries and feeling calmer. It includes a quote: 'When you learn mindfulness, you learn how to work with difficulties and stress in general.' and a 'SIGN UP FOR FREE' button. Below this, a section titled 'DO YOU WORRY A LOT?' contains text about anxiety prevalence and the benefits of meditation. At the bottom, a yellow banner titled 'MINDFULNESS & ANXIETY' mentions a study from the Psychological Bulletin.

HEADSPACE<sup>®</sup>  
TREAT YOUR HEAD RIGHT

Redeem Code | [LOGIN](#) ▶

[HOW IT WORKS](#) [THE SCIENCE](#) [BLOG](#) [HELP](#) [SUBSCRIPTIONS](#) [SIGN UP FOR FREE](#)

## MEDITATION FOR ANXIETY

[STRESS](#) [CREATIVITY](#) [FOCUS](#) [ANXIETY](#) [RELATIONSHIPS](#)

**Headspace for Anxiety**  
A set of sessions focussing on meditation for anxiety, to help you deal with worries and feel calmer.

*When you learn mindfulness, you learn how to work with difficulties and stress in general.*

[SIGN UP FOR FREE](#)

### DO YOU WORRY A LOT?

Many of us worry. The rates vary, but in western countries between 14 and 29% of us are likely to suffer from an anxiety problem in our lifetime.<sup>1</sup> So if you're a worrier, don't worry - you're not alone.

Meditation for anxiety can help with these feelings, but first let's learn a bit more about worry and anxiety.

### MINDFULNESS & ANXIETY

One recent study, published in the Psychological Bulletin, combined the findings of 163 different studies. These suggested that mindfulness-meditation practice had an overall substantial positive effect on improving psychological factors including negative personality traits, anxiety and stress.<sup>2</sup>

The screenshot shows the Headspace website's 'RELATIONSHIPS' meditation page. The layout is similar to the Anxiety page, with the Headspace logo and navigation links at the top. The title 'RELATIONSHIPS MEDITATION' is centered. Sub-categories include 'STRESS' and 'RELATIONSHIPS' (highlighted). The main content area features an illustration of a hand holding a smartphone displaying a purple heart icon and the word 'RELATIONSHIPS'. Text describes the 'Headspace for Relationships' program as a series of sessions to help users enjoy healthier, happier relationships. It includes a quote: 'One US study of married couples found that increased mindfulness through meditation improved marital quality.' and a 'SIGN UP FOR FREE' button. Below this, a section titled 'COULD MEDITATION IMPROVE YOUR RELATIONSHIP?' contains text about the benefits of meditation for relationships.

HEADSPACE<sup>®</sup>  
TREAT YOUR HEAD RIGHT

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## RELATIONSHIPS MEDITATION

[STRESS](#) [RELATIONSHIPS](#)

**Headspace for Relationships**  
This series of meditation sessions will help you enjoy healthier, happier relationships.

*One US study of married couples found that increased mindfulness through meditation improved marital quality.*

[SIGN UP FOR FREE](#)

### COULD MEDITATION IMPROVE YOUR RELATIONSHIP?

If you're in a relationship, you naturally want it to succeed, so that both of you are happy, in touch and growing together. Inevitably though, conflicts happen. Sometimes you may not see eye to eye and your expectations of each other differ. You might find fault with your partner, or vice versa. Or you might be unhappy with yourself, and that makes you difficult to be around. Meditation for relationships might help you to be a little easier on yourself, and on your partner too.

With imaginative graphics and witty animations aimed at young people, the aim of Headspace is to get users to sign up and go through steps of learning mindfulness.

Each step takes ten minutes to complete and is recommended as a daily exercise.

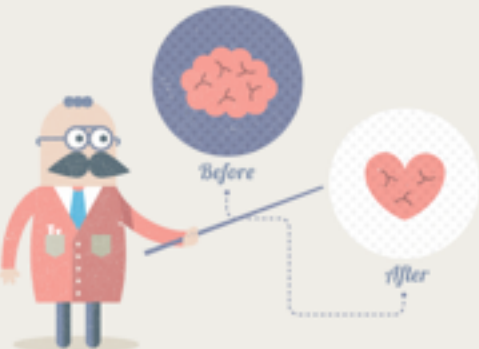
**Headspace**  
A website and app promoting mental health and wellbeing.

It works like a personal trainer that guides a person to manage their mind.  
£7.95 a month

early  
lab



### STRESS



ACCORDING TO **NEUROSCIENTISTS** as you continue to meditate your brain **PHYSICALLY CHANGES**, even though you're not aware of it **RE-SHAPING** itself.


Mindfulness meditation activates the **'REST AND DIGEST'** part of our nervous system **HELPING** with stress management.

[FIND OUT MORE](#)

### CREATIVITY

Research has found meditation to promote **'DIVERGENT THINKING'** a type of thinking that allows many new ideas to be generated.

Mindfulness also affects awareness and the **FILTERING** out of other mental processes during creative tasks.



[FIND OUT MORE](#)

263 SESSIONS

progress, and get rewards as you go. You can even *buddy up with friends* and motivate each other along the way.

## A HEALTHIER, HAPPIER, MORE ENJOYABLE LIFE

Why not get started today and use our scientifically proven techniques to treat your head right.

- Focus More
- Live More
- Stress Less
- Worry Less
- Smile More
- Sleep Better
- Love Better
- Train Better
- Listen Better
- Eat Better

### Your Headspace Journey.

Get started today.

[SIGN UP FOR FREE](#)


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The different stages involve a variety of exercises: how to monitor focus and self-control, helping to improve relationships with others and overcoming aspects of stress and anxiety.

Research from **163 D** mindfulness-meditation pra impro



**ALSO...**


Research in people with clinical level anxiety has found that 90% experier

**SIGNIFICANT REDUCTIONS** in



### ANXIETY


Research from **163 DIFFERENT STUDIES** suggested that mindfulness-meditation practice had an overall **POSITIVE EFFECT** on improving anxiety and stress.



**ALSO...**

Research in people with clinical levels of anxiety has found that 90% experienced **SIGNIFICANT REDUCTIONS** in anxiety.

[FIND OUT MORE](#)




### MEDITATION FOR STRESS

**STRESS** CREATIVITY FOCUS ANXIETY RELATIONSHIPS

**Meditation for Stress**  
This series of meditation sessions helps you relieve and prevent stress.


*Mindfulness meditation activates the "rest and digest" part of our nervous system, helping with stress management.*

[SIGN UP FOR FREE](#)



### RELATIONSHIPS


Research with **MARRIED COUPLES** has found that increased mindfulness through meditation **IMPROVED** marital quality and communication.



Meditation can **IMPROVE RELATIONSHIPS** with everyone you meet.

You become **MORE COMFORTABLE WITH YOURSELF**, which makes it easier for others to get on with you, and you find it easier to accept them as they are.

[FIND OUT MORE](#)



### FEELING STRESSED?

Do you feel under pressure from problems with work, a relationship or your personal finances?  
When mental and emotional pressures build up, doctors call this feeling stress.

Stress can be harmful. It distracts you from getting on with enjoying your life. It gets in the way of your attempts to sort out the problems causing it. And if you let it get the better of you, it can even make you physically ill. So dealing with your stress is important.

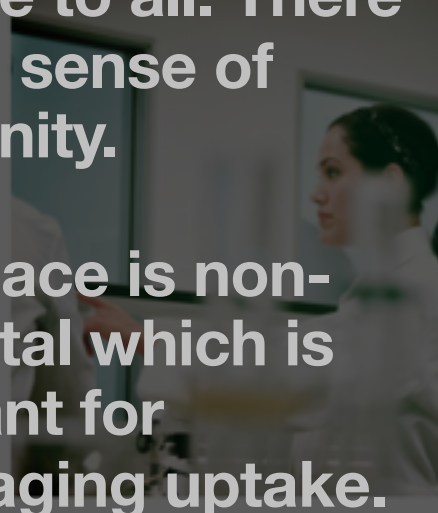
Are you finding coping with stress difficult? If so, read on, and we'll explain exactly what it is and how becoming mindful through meditation can help you manage stress.


**YOU'RE NOT ALONE**

In a 2012 survey, 20% of Americans said they



### HEADSPACE DAILY





Set up in the UK, Headspace is now available to all. There is a real sense of community.

Headspace is non-committal which is important for encouraging uptake.

Ultimately Headspace helps people to take responsibility for their own wellbeing.



The Early Lab, offering opportunities for designers to experience being involved in processes early (long before they are usually invited) so that their contributions might have a greater chance to deliver resilient and sustainable outcomes.

Trans-disciplinary, collaborative, complex socio-ecological challenges met responsively with people where they are, in their places.

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