

TEN PERCENT HAPPIER APP

Harvard University offers benefits-eligible faculty and staff free access to the Ten Percent Happier mindfulness app. (And family members and retirees a 30% discount.) It's one more useful resource to complement Harvard's many in-person and virtual mindfulness classes.

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, show, 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 courses, meditations, podcasts and talks, daily features and personal mindfulness tracking. 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.

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.

HOW DO I GET THE APP?

Just download the Ten Percent Happier app from your app store. Your primary 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. Learn how to use it by watching a video [here](#).



Learn more on HARVie:

<https://hr.harvard.edu/ten-percent-happier-app>