

Headspace & BP Alaska

THOSE WHO USED HEADSPACE SAW

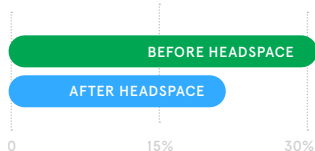
Improved health and well-being

Significant improvements in sleep and resilience to stress

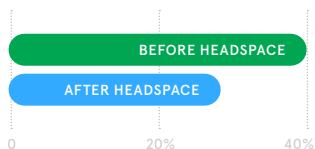
30-50%
employees active monthly over 3 months, compared with 3-5% EAP average¹

93%
said BP should offer Headspace as an ongoing benefit

34%
decrease in poor sleep quality (from 32% to 21%)



25%
decrease in trouble sleeping (from 40% to 26%)



PROPORTIONS OF RESPONDENTS REPORTING POOR SLEEP/TROUBLE SLEEPING

During a period of change, Headspace helped BP employees maintain well-being and healthy sleep habits.

BACKGROUND

BP is a multinational organization with nearly 75,000 employees across the globe. After their divestment of operations in Alaska in August 2019, BP was looking for evidence-based digital mental health tools to support employees through a period of significant change.

PARTNER GOALS

BP ran a pilot with Headspace for Work, a mental health solution offering science-backed meditation and mindfulness tools, to reach employees in all locations. The goal was to help people manage stress and sleep quality.

HEADSPACE APPROACH

To determine the effectiveness of Headspace, we measured:

- Engagement and satisfaction:** would employees use, enjoy, and/or recommend Headspace?
- Health outcomes:** would Headspace help employees manage stress and get better quality sleep?

The Headspace Science Team designed a 3-month study using clinical-grade measurements (PSS-4 and PROMIS Sleep Disturbance Scale) and employee surveys to gather quantitative and qualitative data. 275 employees participated, 89% of whom were field-based.

CONCLUSIONS

Headspace was proven effective in improving health and well-being at BP. Levels of perceived stress declined, showing that Headspace is an effective tool for managing stress during challenging situations. Employees showed significant improvements in sleep and resilience to stress, as well as high engagement with Headspace and overwhelmingly positive feedback about the experience.

BP EMPLOYEE
"This has been a great benefit and has really helped through this period of great changes in our business."

¹JOANNE SAMMER, SHRM. SOLVING THE EAP UNDER-USE PUZZLE. AUGUST 8, 2014. [HTTPS://WWW.SHRM.ORG/RESOURCESANDTOOLS/HR-TOPICS/BENEFITS/PAGES/EAP-UNDER-USE.ASPX](https://www.shrm.org/resourcesandtools/hr-topics/benefits/pages/eap-under-use.aspx)