

WHY MINDWELL? WHY NOW?

TOP 5 REASONS TO TRY MINDWELL DURING COVID-19

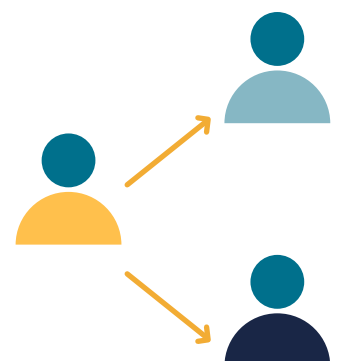
MINDFULNESS HELPS!

A recent study by the Mental Health Commission of Canada and the Conference Board of Canada looked at the mental health impacts of COVID-19. They found that mindfulness was the **only coping strategy to have positive impacts across all 15 areas** of concern!



FEEL A SENSE OF COMMUNITY

The MindWell Challenge is a unique training that brings people together via a common learning experience. Plus, MindWell offers daily live drop-in sessions that allows you to practice with others in community for a 20-minute mental fitness break. You and your team may no longer be physically together, but you can still connect in meaningful ways.



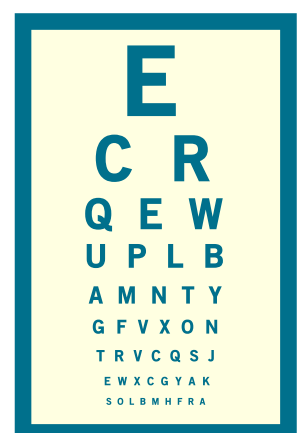
BUILD RESILIENCE & POSITIVE MENTAL HEALTH

As we become more mindful, we broaden and build our inner resources. These resources help us build the resilience needed to cope as the pandemic continues. Who doesn't need a daily mental health break in the midst of a pandemic?



SEE CLEARLY, RESPOND EFFECTIVELY

Mindfulness helps us see more clearly what is actually unfolding around us (vs. getting caught up in thoughts, worry, uncertainty). When we are seeing clearly, we can notice new opportunities to take advantage of and this is especially important in a rapidly changing world.



A NEW WAY OF WORKING TOGETHER

MindWell builds focus, emotional intelligence, creativity and collaboration creating positive change at the individual, team *and* organizational levels. Don't just wait out the pandemic, use this time as an opportunity to transform for the better. Be the leader, colleague and team you've always wanted to be!

