# 30 Day Meditation Challenge



Join your teammates in developing a meditation habit that actually sticks in only 5-10 minutes a day.

Train your mind and build the skills to be calmer, more focused, and resilient, in just 30 days.

Users of the Healthy Minds @Work Program report burnout symptoms reduced by

25%



### ✓ ACTIVE, SEATED & TEAM GUIDED MEDITATIONS

Choose the style of practice that works for you with both sitting meditations and active practices and explore team practices with your colleagues.

#### **✓** PODCAST-STYLE LESSONS

Listen to lessons taught by some of the world's leading scientists and meditation teachers.

#### ✓ LEARNING LABS

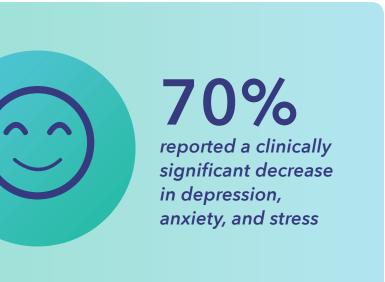
Learn cutting-edge science and best practices for workplace well-being from neuroscientists and other experts.

#### ✓ HEALTHY MINDS REPORT

Watch how your current level of well-being changes over time as you train your mind.



healthyminds innovations



## Healthy Minds @Work is different than other Workplace Wellness Programs:

- ▶ Built by science. Our well-being tools are built from decades of neuroscientific research in the field of human flourishing.
- ► A guided path. We provide a helping hand on your well-being journey.
- ► Customizable approach. Choose a style and format that works for you.
- ▶ **Bigger than ourselves.** We are a nonprofit with a vision to create a kinder, wiser, more compassionate world one healthy mind at a time.



"The best part for me was when I noticed meditation practice showing up in my daily life without a conscious effort-so rather than scheduling time to do this, it just occurred to me that it was the right thing to do and then experience validated that."

-Healthy Minds @Work Participant

"I am able to identify when I am not as focused at the task at hand and apply the skills I have learned to process the next actions needed to do my job"

-Healthy Minds @Work Participant



