

30 Day Meditation Challenge

healthyminds
@work®

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
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70%

reported a clinically significant decrease in depression, anxiety, and stress

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.



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“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

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