



Sense of Community at Work

Healthy Minds @Work helps users build qualities like appreciation and kindness that strengthen positive connections with other people and creates a supportive workplace.

BEFORE

AFTER

58.8% ▲

66%

INCREASED SENSE OF COMMUNITY

Total Users

452

Participation in Healthy Minds @Work is free and easy! The program is grounded in science that shows it is possible to train your mind to be more calm and focused, develop healthier relationships, gain perspective and bring more meaning to work. Sign up below to get started!



Stress, Burnout & Well-Being

High stress and burnout levels are associated with chronic disease and lower productivity. Well-being is measured by positive mood, general interest in daily life, and energy level. Less stress and burnout and increased well-being means a happier, more resilient workforce.

BEFORE

AFTER

DECREASED STRESS

46% ▼ 42%

DECREASED BURNOUT

51% ▼ 35%

INCREASED WELL-BEING

50% ▲ 65%



"I feel more relaxed when unexpected things come up. I have noticed that I laugh more easily now than I did previously."

-Healthy Minds @Work Participant

"I am more aware of what can make me better as an individual, partner, and member of society"

-Healthy Minds @Work Participant

"I've learned to pause and refocus/think about the situation before responding/reacting. I feel more positive about life overall."

-Healthy Minds @Work Participant

Ready to start the 30 day Challenge?

[CLICK HERE](#)

TO TAKE THE ASSESSMENT AND ENROLL!

