



Program Bundle:

Providing a Safe Oasis and Support During Trying Times

The world has been turned upside down leading to heightened uncertainty, angst, and financial stress amid this period of organizational change. Below are complimentary resources to help you navigate this challenging time.



Mindfully Managing Organizational Change

Whenever there's change around our workplace, it can evoke unsettling feelings like uncertainty and stress. Learn how bringing awareness to the present moment can help you feel balanced and in control.

<https://vibe.emindful.com/programs/207>



7 Days of Resilience

Throughout life, we're faced with several challenges. Navigating these means acknowledging the feelings like sadness, anger or loss and discovering the strength you have from within. Learn how developing a mindfulness practice can help improve your mental resilience, respond to challenges constructively and recover from setbacks.

<https://vibe.emindful.com/programs/70>



Finding Forgiveness

Not forgiving someone who has hurt us can harm our mental and physical health. Try this mindfulness practice to understand the source of your hurt and learn to forgive, finding strength in the process.

<https://vibe.emindful.com/programs/93>



Smoothing Out the Roller Coaster Ride of Stress

The stressful highs and lows of daily life can impact your mental well-being. Try this mindfulness practice to get relief from a stressful situation and learn how you can face each moment with more compassion and less reaction.

<https://vibe.emindful.com/programs/112>

Rebuilding after a setback? You're not alone.

Don't we all feel as if our identity – as we'd like to see ourselves – is challenged at times? In these moments it can provoke our deepest insecurities and a voice inside questions “Am I capable?” “Am I good enough?” “Am I lovable?” continue reading

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