



Screaming kids?  
Looming deadlines?  
A sea of traffic?  
We've got just the thing...

# GreenShield's Mindfulness Program.

This mental-health support program is like a fitness program for your mind. It is focused on helping you to take care of your mental wellness as part of your overall health.

## What is 'mindfulness'?

Mindfulness is a proven practice that helps people approach stress, low mood, and/or anxiety differently, so they can get more out of their day-to-day experiences and improve their well-being.

## How does the program work?

This online program guides you through the techniques and concepts behind mindfulness.

You will be encouraged to complete a series of six sessions at your own pace. Each session combines audio and video components, as well as on-screen education materials and a reflection workbook.

The program was developed in collaboration with a team of mental health professionals, and is based on scientific evidence that shows the positive impact of mindfulness on mental health.

## Where can I find it?

Access Change4Life® by logging into your online account. You can find the Mindfulness Program on the Dashboard (in the rotating ad space) once you complete your health risk assessment. You can also find it on the "Spotlight" page.

And, as with anything on Change4Life, you'll earn points for your mindfulness activity. Points that you can use to bid on great rewards!

