



Mindfulness Matters

wellbeing challenge

A SIX-WEEK CHALLENGE

Mindfulness Matters Challenge

Description: This six-week challenge focuses on the benefits of mindfulness, providing weekly tips to support on how to achieve goals while developing healthy mindfulness habits in six key areas:

Breathing

Physical Activity

Relationships

Relaxation

Sleep

Gratitude

Challenge Goal & Tracking: Practice mindful breathing for at least five minutes a day, five days a week. Each day, log mindful minutes in the Wellbeing Journal on the inHealth mobile app or web portal. All six weeks of entries must be completed to be eligible for wellbeing rewards or points.

Steps to Enroll (*Included in enrollment messages)

This challenge begins [DATE]. To sign up:

- Visit the [mobile app](#) or [web-based portal](#).
- Click on the **Mindfulness Matters** banner on the Today screen.
- Click **Enroll** and you're all set!

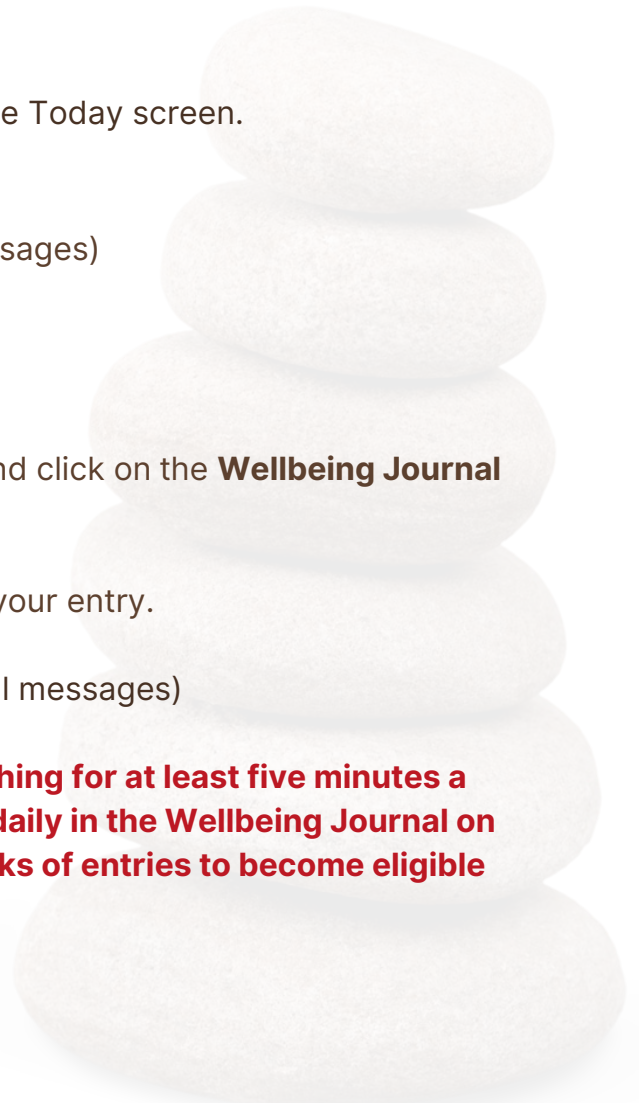
Tracking Instructions (*Included in all weekly messages)

Here's how to log your *Mindful Minutes*:

- Access the [mobile app](#) or [web-based portal](#).
- From the main menu, select **Health Tracking** and click on the **Wellbeing Journal** icon.
- Input the date for the entry you are logging.
- Once completed, click the **Add** button to save your entry.

Notice of Challenge Requirements (*Included in all messages)

Meet the weekly goal by practicing mindful breathing for at least five minutes a day, five days a week. Log your mindful minutes daily in the Wellbeing Journal on the inHealth app or web portal. Complete six weeks of entries to become eligible for [Client-specific wellbeing reward].



Introduction/Enrollment Message

We all have the capacity to change, transform, learn, and grow. It's attainable through mindfulness.

Mindfulness is a form of reflection that intensely focuses on being aware of the present moment. It's the ability to realize what is happening within and around us. The more we focus our attention, the more intentional and strategic we are about how we spend our time, money, and efforts.

Like any lifestyle change, practicing mindfulness takes a little practice. This six-week challenge is intended to get you started on a journey of increased happiness in all areas of life!

"The best way to capture moments is to pay attention. This is how we cultivate mindfulness." ~Jon Kabat-Zinn

Week 1: Mindful Breathing:

Take a moment to pause and be still. Focus your attention on your breathing as you inhale and exhale. Clear your mind of any mental and physical distractions that may be causing stress to your body. Bring awareness to your breathing and find a natural rhythm. Continue to inhale and exhale slowly. This breathing exercise can be as short as 3 minutes or as long as 10 minutes. While it is one of the most basic relaxation techniques, it can also be a powerful one that you can practice anytime and anywhere. Click on the [video](#) to take a moment to disconnect and focus on your breathing.

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure." ~Oprah Winfrey



Week 2: Mindful Physical Activity:

Adding more focus and mindfulness to your regular exercise routine can not only enrich your workout but also improve your overall health. Before starting, set the stage for mental stillness by thinking past any stress or anxiety that can cause distractions. Focus on your breathing, your body, and your energy. Thoughtfully observe your surroundings, being mindful of anything that can disrupt your experience. Now, begin with a clear intention on why and what you are about to do. If you're mind wanders, take a minute to regain focus so as not to lose the sense of satisfaction you will feel when you're done. Click on the [video](#) for a guided mindfulness exercise to help you focus during your daily trek to a healthier lifestyle.

“Inward calm cannot be maintained unless physical strength is constantly and intelligently replenished.” ~ Buddha

Week 3: Mindful Relationships:

Mindfulness can be applied to all dimensions of life – even relationships. Give yourself the opportunity to love and be loved. Whether it is a family member, co-worker or an acquaintance, relationships are meaningful aspects of our daily lives. Relationships are constantly in motion, creating a seesaw of emotional energy. Being mindful can help keep your emotions balanced. Remember to embrace the laughter and to breathe through the difficult times. Slow down and take time to practice openness, patience, and compassion. Click on the [video](#) for a guided mindfulness exercise to help you extend more loving kindness.

***“A healthy relationship is a feast of affection/giving for both people...”
~Shannon Thomas***

Week 4: Mindful Relaxation:

Take a moment to be aware of your thoughts, feelings, and any sensations as you breathe. Be still in the moment. In this moment, there is no judgment or overthinking. Create a positive state of mind, blocking out the worries of the world. There is no past or future, only the present moment. If you feel your mind wandering, refocus on each breath you take and begin again to target your thoughts, feelings, and sensations. Click on the [video](#) to help you rest in your awareness!

“Together with a culture of work, there must be a culture of leisure as gratification. To put it another way: people who work must take the time to relax, to be with their families, to enjoy themselves, read, listen to music, play a sport.” ~Pope Francis

Week 5: Mindful Sleep:

One of the fundamentals to improving your health and quality of life is enough sleep – restful sleep. Sufficient sleep helps your body to heal and your mind to reset. At the end of the day, prepare to indulge in your restoration. Take a calming bath or shower and turn off distracting devices to create an atmosphere of serenity. Try to get at least eight hours of sleep a night to be at your best both mentally and physically. Click on the [video](#) above to help soothe your mind for a good night's sleep!

“True silence is the rest of the mind and is to the spirit what sleep is to the body, nourishment, and refreshment. ~ William Penn



Week 6: Gratitude:

Gratitude is being mindful and acknowledging the goodness in your life. Each expression can have significant positive effects on your physical and mental health. Feeling and expressing gratitude promotes a positive mood, increases your self-esteem, and improves relationships. The practice has also been shown to reduce blood pressure, improve sleep, and possibly increase physical activity. Click the [video](#) to help release positive emotions.

“No duty is more urgent than giving thanks.” ~ John Allen

Final Message:

[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]

