



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

Introducing GSC'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?

Just login to Change4Life® to check it out. You can find **mindfulness** on the dashboard page after you complete the health risk assessment for the first time or on the "Spotlight" page. Access Change4Life from GSC everywhere, within the "GSC Offerings" menu above the dashboard on the desktop, and under "More" and then "GSC Offerings" on the mobile app.

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

