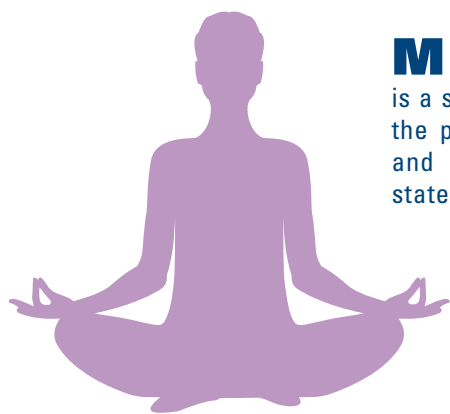


MINDFULNESS TOOL KIT



MINDFULNESS

is a state of active, open attention on the present. It comes with practice and helps you develop a healthier state of mind.

[View Benefit Bits Video]

OFFERING A STRESS MANAGEMENT PROGRAM

yielded positive results.

Health Care Costs



THE GOAL OF ALL MINDFULNESS INTERVENTIONS IS THAT WE PRACTICE.

We practice because when the stressful events happen, that's a really bad time to start practicing.

[Read Full Article—*NewsBriefs*]

Improved Results for HRA Data



MEDITATION AND MINDFULNESS PRACTICES ARE HELPFUL

in alleviating mental distress.

[View Webcast]
Membership required



Increased Health Screening Data and Engagement



Increased Employee Satisfaction/Culture Data



EMPLOYERS CAN HELP EMPLOYEES TAKE PERSONAL ACTION

to develop their coping skills and improve their financial health.

[Read Full Article—*Plans & Trusts*]

[Review Full Survey—*A Closer Look: 2018 Workplace Wellness Trends*]

Membership required

SLOWING DOWN

to reflect and be present in the moment is a good way to shift from reacting to achieving greater clarity.

[Order Book—*Workplace Wellness That Works* by Laura Putnam]



TAKE A 2-MINUTE BREAK

here or there... Try not to think about anything but your current action.

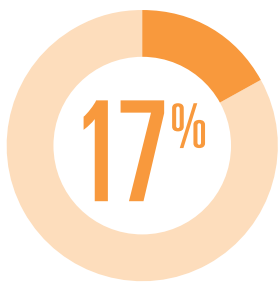
[Read Full Blog—*Word on Benefits*]



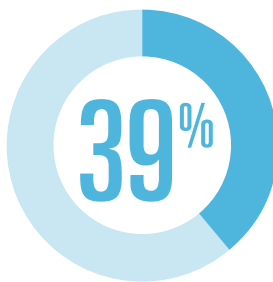
SUPERVISORS AND OTHER EMPLOYEES CAN BE TRAINED TO SEE SIGNS

of depression, substance abuse and other mental health concerns, responsible for an estimated 200 million lost workdays each year.

[Read Full Article—*Benefits Magazine*]



OFFER MEDITATION/MINDFULNESS classes on site.



ARE LOOKING TO INCREASE THE EMPHASIS on mental health/stress-related offerings in the next two years.

[Review Full Survey—International Foundation *Workplace Wellness Trends: 2017 Survey Results*]

Membership required



OF RESPONDENTS STATED THAT THEIR WORKFORCE IS STRESSED, either **EXTREMELY** (3%), **VERY** (30%) or **SOMEWHAT** (59%).

[Review Full Survey—International Foundation *Mental Health and Substance Abuse Benefits: 2016 Survey Results*]

Membership required