

The “ Mindfulness Menu”

Research suggests that taking even a brief (3-5min) mindful pause, improves well-being, reduces distress, & job strain, and improves workplace social support !



Uplift your mood with
Achieve Believe
(3:19)



Soothe body aches with
Easing Pain in Your Body
(5:00)



Be present with *Every
Breath You Take* (5:51)



Feel your best with
Heal With Gratitude
(4:50)



Quiet your mind with
Listen To Your Heart
(3:20)



Reset your mood
with *Pause*
(2:57)



Inspire peace with
Release and Relax
(2:57)



Fall asleep with
Sleep Sonnet
(4:00)



Expand your mind with
Unlimited Potential
(5:03)

Scan (with camera) the QR code & then click link and play to enjoy our Mindfulness Meditations (3-6 mins)



Department
QR Code -link

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Scan (with camera) QR codes & click link to enjoy our Introduction to meditation I / II as well as longer (12 -25 min) options



Get started with
Intro to Meditation I
(11:45)



Learn more with *Intro to Meditation II (17:22)*



Stretch your body with
Morning Stretch & Smile
(12:04)



Explore spirituality with
Your Higher Self
(16:00)



Release mental chatter with
Grounded & Steady
(13:38)



Relax your mind/body with
Full Reiki Healing
(25:29)



Unlock your inner power with
Heal with Breathing
(14:55)



Lift your spirit with
Alleviating Depression
(22:24)



Expand awareness with
Clouds of Clarity
(14:02)