

MINDWELL



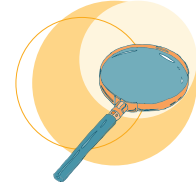
Do you want to feel....



Happier & Healthier



More Connected



More Focused

Sign up for MindWell & Learn to Take 5 today.
A new skill for positive mental health!

Tools to Take 5

Use these tools in sequence or separately.
Use them quickly ~5 seconds, or more deeply ~5 minutes



Notice the CUE

Choose a cue in your daily life that reminds you to Take 5. Your cue can be anything: having a drink of coffee or water, seeing a specific person, sitting down at your desk. When you notice your cue, you flip the switch from mindless to mindful!



Notice the NEW

Focus on something you weren't paying attention to a moment ago. Bring your attention out of autopilot and into your senses. Become aware of sound, taste, touch, smell or sight.



Notice your BODY

Sitting or standing, bring awareness to your posture. Press into your feet, seat and hands while you lift and lengthen up the spine, roll back your shoulders and align your ears over your shoulders



Notice your BREATH

Begin with one complete breath, noticing the breath at the Belly, Chest or Nose. Lengthen and deepen the breath so each inhale and exhale is about 5 seconds. Now take 5 breaths



Notice the NOW

Respond to what is present in your current situation and internal experiences (thoughts, emotions, body sensations) with a sense of openness, patience, and non-judgment. Now you are ready to take a wise step forward.

Take 5: simple to do • fun • healthy • adaptable • personalized

Many more tools are available through Nova Scotia Health at [MHAhelpNS.ca](https://mha.helpNS.ca) (click "Online Tools")

Join MindWell! Learn practical skills for positive mental health.

Check out this [video](#) to learn more about the benefits of mindfulness and the MindWell Challenge!

The 30 day MindWell Challenge teaches mindfulness-in-action through daily practice that takes only a few minutes. You can do it any time and anywhere!

To participate, you'll need to make an account on the MindWell platform.

1. Sign up HERE: <https://app.mindwellu.com/novascotia>
2. During the registration process, you'll also be asked to input your mobile number if you'd like to receive a daily text message as an additional reminder, to help you build this new healthy habit.
3. You'll also be asked to select a buddy - everyone in the Challenge gets to take it with a buddy of their choice, including friends or loved ones from outside the organization. You can also invite a buddy later if you're not sure who to invite yet!



MindWell's Studio Be hosts drop-in guided mindfulness sessions so you can ask questions, deepen your understanding of mindfulness and practice in community with others.

These 20 minute sessions offer:

- A guided mindfulness practice and a way to deepen your understanding of Take 5.
- A sense of community with others doing the MindWell Challenge.
- Clarity on navigating roadblocks & building accountability.
- The opportunity to ask questions to a live teacher.

SIGN UP: <https://app.mindwellu.com/novascotia/dropin>

The Well is MindWell's accessible on-demand library to deepen your learning with past webinar highlights, recorded classes and other important resources.

ON DEMAND: <https://app.mindwellu.com/novascotia/ondemand>

