THE MINDWELL PLATFORM

MindWell is more than just the MindWell Challenge! Once you create a MindWell account by registering through MHAhelpNS.ca (click "Online Tools"), you have access to the full platform which includes online training, live guided mindfulness practices, monthly webinars with experts and a resource library.

Video

An orientation video that provides an introduction to mindfulness + orientation to the MindWell platform can be found **HERE**

The three main components of the MindWell platform are:



The MindWell Challenge teaches mindfulness-in-action through daily practice that takes only a few minutes. There is a 30-day and 5-day mini version.



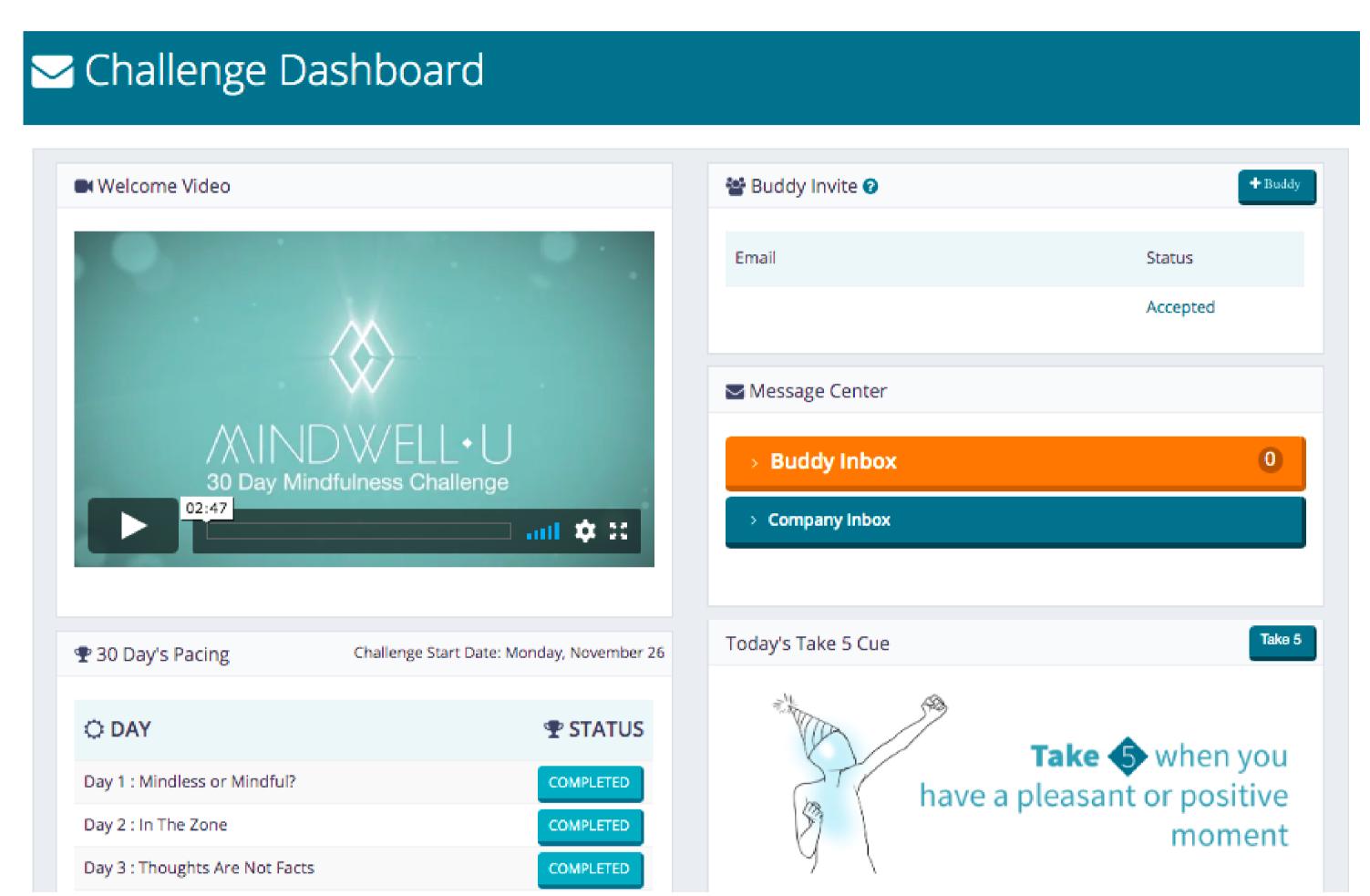
MindWell's Studio Be hosts drop-in guided mindfulness sessions so employees can ask questions, deepen your understanding of mindfulness and practice in community with others. Studio Be also hosts monthly webinars with a variety of experts in mental health, leadership, performance and more.



The Well is MindWell's on-demand library of mindfulness and wellness resources including videos, infographics and more!

HOW THE CHALLENGE WORKS

Participants log on for fewer than ten minutes per day to go through a five -step process designed to optimize their absorption and retention of the material. MindWell teaches mindfulness-in-action, with the goal of helping users integrate mindfulness into their daily lives (vs. developing a seated meditation practice).



User Experience

- 1. Check-in: Records users results from the previous 24 hours
- 2. Learn: A short video that teaches practical knowledge about mindfulness
- 3. Reflect: A single multiple-choice question helps the user reflect on the learning
- 4. Practice: Guided audio takes the participant through the Take 5 exercise