

DID YOU
KNOW...



mindfulness

a fitness program
for your mind



GSC's Mindfulness Program

You can think of GSC's Mindfulness Program as a fitness program for your mind. This mental health support program 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 to help approach stress, low mood and/or anxiety in order to get more out of day-to-day experiences and improve well-being. It's a mental state achieved by focusing your awareness on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and body sensations – often through meditation.

How does the program work?

- You will be guided through the techniques and concepts behind mindfulness in a series of six sessions that combine audio, video, text, as well as a reflection workbook.
- Developed with the support of a renowned clinical psychologist, the program is based on evidence that shows how mindfulness can have a positive impact on mental health.
- It is available on the Change4Life health portal - at no cost. And, as with anything on Change4Life, you'll earn points for your activity. Points that you can use to bid on great rewards!

How to access the program

- Log in to Change4Life and look for the blue box on the homepage (Never visited Change4Life before? You'll find it on your Online Services main menu).
- You can also access the program anywhere, anytime via Change4Life on the GSC on the Go mobile app.